

Being Assertive – Standing up for Myself

If it doesn't work it's not your fault – no one deserves to be made to feel uncomfortable. Tell an adult you trust.

Say no and mean no



Say no and look like you mean it

- Don't smile even if you are embarrassed
- Look the person in the eye
- Look confident – stand up straight with your head up

Use fogging (be unclear!)



- Use a 'foggy' (vague) response
- Don't get into an argument, or insult them
- Don't agree or disagree
- Don't rise to the bait

Taunt: Hey weirdo!

Response: May bethat's what you think...

Taunt: Hey weirdo!

Response: That's possible....I've gotta go...

Positive Self-Talk



If you have to walk near a taunting group, talk to yourself inside your head.

I'm OK. I don't need their approval...

Be a stuck CD (say the same thing over and over)



If you don't want to do something keep saying so

- Repeat the same phrase over and over - stick to one reply

Taunt: If you don't do it we won't be your friends.

Response: No, I won't do it.

Taunt: We won't be your friends!.

Response: No, I won't do it.

Say what you mean



I feel...when...because...I would like...

Walking away



If you feel unsafe you should always get out of a bad situation as soon as possible.

Avoid the situation



If you know places where kids hang around and where you don't feel safe - don't go there.

If you pass these places on your way home, find another way.