
Girls Only Toolkit



Being Assertive



Girls Only

Building self-esteem and empowering girls to make healthy choices

Contributing editor – Jenny Thomas

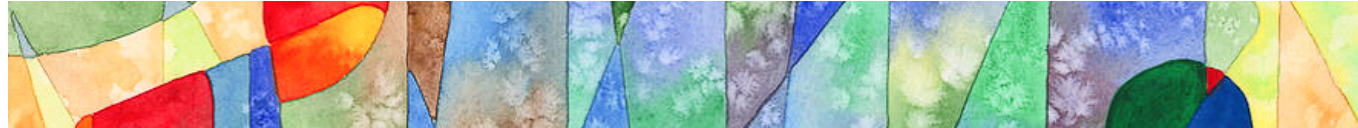
www.forgirlsonly.com.au

Michael@michaelauden.com.au

PO Box 288

Rye Victoria 3941





Discussion Summary:

Assertiveness is an honest and relatively direct expression of your feelings, both positive and negative, your beliefs, and your opinions in a manner which is socially acceptable. Many people, especially women, are taught to ignore their own rights in order to be accepted by others. Femininity, for example, is equated with: loving nurturing, supporting, anticipating others wishes and deferring to them. We learn to avoid conflicts by submitting to others. We learned to be loved by becoming more proficient in meeting others need than our own. In fact, we often allow other to violate our rights unintentionally, by failing to communicate our wants and ideas to them. Teaching girls to be assertive helps them get in touch with our own rights and to learn a variety of ways to protect them, while not hurting other.

Discussion Question:

- **When someone is doing or saying something that you don't like, how do you handle it?**



1. Begin by explaining to the girls what it means to be assertive. Continue by comparing the differences of being aggressive, passive, or assertive.
2. Using a large poster paper jot some ideas for sample conflicts from the girls. For example, a friend cuts you in the lunch line or someone touches your bra strap and it made you feel uncomfortable.
3. Explain that conflicts don't always have to end in violence and that using "I Messages" can be an assertive way to intervene when there is a problem in a relationship or friendship. I messages are simple statements that say exactly how the person feels in a respectable way. For example, I didn't like that you cut me in line, please go back to your place in the line. Jot down multiple "I Messages" from the girls.
4. Ask the girls to get into small groups of about 3-4. Using the examples from the handouts, role play some of the scenario conflicts on the poster paper.

Leave up the conflict and I message examples as references for the role play.

5. Prompt each group to choose a participant to act out the conflict in an aggressive, passive and assertive way. Ask one participant to respond to each conflict using I messages.

6. After the girls have recognized the incorrect behaviours and practiced the proper way to intervene with “I messages” allow volunteer groups to act out their skits for the group.

Types Of Behavior	What does this look or sound like?
Aggressive Behavior	<ul style="list-style-type: none">• Verbal or physical threats or actions• Fighting• Bullying• Gossip• Engaging in hurtful behavior
Passive Behavior	<ul style="list-style-type: none">• Ignoring• Not saying anything• Letting the other person get what he or she wants• Letting others disrespect you
Assertive Behavior	<ul style="list-style-type: none">• Letting others know about your needs and wants• Considering the needs and wants of other people• Standing up for your rights while respecting others.

Traits of an Active Listener	What does it sound or look like?
Encouraging	Use neutral words to help the other person say more about the situation and how they feel.
Reflective	State in your own words what you hear the other person saying, including their feelings and needs.
Understanding	<ul style="list-style-type: none">• Listen carefully and clarify anything that is not clear.• Ask nonjudgmental questions.• Use eye contact.• Your body language and gestures need to show that you are listening and interested.• Give the person time to speak, if you ask a question or make a statement, wait for the response.• Focus on what the person is saying without interrupting, correcting, advising, or telling your own story.• Give the person your complete and undivided attention.

Girls Only

Building self-esteem and empowering girls to make healthy choices

www.forgirlsonly.com.au

Michael@michaelauden.com.au

PO Box 288

Rye Victoria 3941

