

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

Helping Kids Learn How to Stand up for Themselves

In the heat of an encounter, it can be very challenging for a young person to respond effectively. When kids learn and practice assertive phrases for standing up for themselves, they become more well-equipped to handle incidents of conflict with their peers. Some examples are:

- “Friends don’t treat each other that way.”
- “I need a friend that will treat me kindly.”
- “Not cool!”
- “Knock it off.”
- “Cut it out.”
- “Stop it.”
- “I don’t want to be treated that way.”
- “I like the way I look.”
- “That was not funny.”
- “I can take a joke, but what you said was not funny—it was mean.”

The important thing to remember about assertive phrases is that they do not put down or attack the other person, which is never a good idea. “Friends don’t do that to friends.”

March's Focus:

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Friendship & Other Weapons by Signe Whitson



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WHEN YOU ARE...

IT LOOKS LIKE

IT SOUNDS LIKE

PASSIVE



- Lack of eye contact
- Looking down
- Not expressing your feelings or needs
- Avoiding problems

- "I'm okay with whatever you want."
- "People don't think about my feelings."
- "It's fine. I don't want to get anyone in trouble."

AGGRESSIVE



- Eye rolling
- Finger pointing
- Angry or forceful words
- Focused on your needs
- Rude or bossy

- "This is what we're doing."
- "You can't play with me if you don't play this game."
- Statements that begin with "You"

ASSERTIVE



- Making eye contact
- Calm but firm voice
- Respecting your rights and the rights of others

- "I don't want to play soccer. Do you want to play football instead?"
- "I feel sad when you say I can't play." Statements that begin with "I"

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