

Youth Leadership

Assertive Communication

In order to get what you want, you must be able to talk to people in a way that helps them want to listen. How you say something, or your style of communication, is very important. Assertiveness is the best way to communicate without being aggressive or passive.

You are assertive when you:

- Stand up for what is best for you
- Make sure other people understand what you need or want
- Openly and honestly express your ideas and feelings
- Respect other people's rights and ideas
- Listen to other people

When you are assertive:

- You stand tall
- You look people in the eye
- You speak clearly
- You listen with interest

After being assertive, you feel good because:

- You feel honest and respected
- You feel proud

When you are assertive, other people see you as:

- An adult
- Able to do things
- Honest
- Able to make decisions
- Independent

Being assertive is a good way to communicate.

Adapted from University of Alaska Anchorage, Lesson Plans for Teaching Self-Determination, p. 24-27. This page has been adapted from "The Assertiveness Program" Washington: People First of Washington, 1983, pp. 2-5.

PARTNERS RESOURCE NETWORK
PRNTEXAS.ORG
1.800.866.4726



The contents of this factsheet were developed under a grant from the US Department of Education, #H328M150022, #H328M150023, #H328M150024. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Greg Knollman.

