

Assert Yourself

NHES Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Teaching Objectives

- Utilize skills for communicating effectively with family, peers, and others to enhance health.
- Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Teaching Strategies

- Review the elements of assertive communication. Contrast this type of communication with passive and aggressive forms of communication.
- Review students' suggested ideas for role-playing before distributing them to the class.
- Distribute approved scenarios, and have pairs role-play the scenario they have been given. Encourage them to use the Communication Skills checklist on this page to help them craft their dialogue.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Uses "I" messages
- ✓ Employs a respectful but convincing tone of voice
- ✓ Provides an alternative to action
- ✓ Includes clear, simple statements
- ✓ Suggests appropriate body language

Activity Assert Yourself

Learning to be assertive can help you maintain your commitment to a healthful lifestyle. By practicing assertiveness, you will find it easier to resist negative peer pressure and live according to your personal values. In this activity, you will role-play assertive communication skills.

What You'll Need

- large index cards
- pen or pencil
- paper

What You'll Do

Step 1

With a partner, think of a realistic scenario in which you are being pressured by one or more peers to do something against your values.

Step 2

Write your scenario on an index card, and then trade cards with another pair of students.

Step 3

Role-play the scenario you've received. Use the checklist on this page to make sure you include the elements of assertive communication.

Apply and Conclude

Write a short reflective paper describing how being assertive can help protect your physical, mental/emotional, and social health.

Checklist: Communication Skills

- ✓ "I" messages
- ✓ Respectful but convincing tone of voice
- ✓ Alternative to the action
- ✓ Clear, simple statement
- ✓ Appropriate body language



Writing Strategy

Writing a Reflective Paper A reflective paper is used to describe an experience (which may be personal or hypothetical), evaluate that experience, and then reflect on how that experience can be applied in the future. Students should include:

- a scenario in which assertive communication will help one of the participants avoid the effects of negative peer pressure,
- an evaluation of how assertive communication can be used in the situation, and
- the positive effect the assertive communication has on their health triangle.