

Name _____

Learn to Speak Up Without Blowing Up Answer Key

These are **examples** of how students might complete the statements. Encourage individual expression!

1. *"I feel left out when our plans keep getting canceled because I was really looking forward to spending time with you. I need to know if we're still hanging out or if something's changed."*
2. *"I feel frustrated when my things are used without asking because I like my space to be respected. I need you to ask me first."*
3. *"I feel ignored when I get interrupted during discussions because I want my ideas to be heard. I need a chance to finish speaking."*
4. *"I feel confused about the grade I received because I thought I followed the directions. I'd like to talk about it so I can improve."*
5. *"I felt embarrassed when you made that joke about me because it was in front of everyone. I need us to keep things respectful in public."*