

Name _____

Flip the Script: Assertiveness in Action

What is Assertiveness? Being **assertive** means speaking up for yourself in a way that is **clear, respectful, and confident**- without being rude, aggressive, or overly passive. Assertive people use calm body language, “I” statements, and suggest solutions.



Directions: Each section below includes a **challenging scenario**, a common **unhelpful reaction** (either aggressive or passive), and a **starter script** for an assertive response. Your task: **Use the starter and your own words** to complete the assertive response.

Scenario 1: Your partner on a school project isn't doing their part.

✗ *Unhelpful Reaction (Aggressive):* “Wow, you’re so lazy. I’m just going to do it all myself!”

✓ *Flip the Script (Assertive):*

“I feel _____ when you don’t finish your part, because

_____.

I need _____.”

Scenario 2: A friend keeps making jokes that hurt your feelings.

✗ *Unhelpful Reaction (Passive):* (Laughs it off even though it hurts inside.)

“It’s fine, whatever. I know you’re just joking.”

✓ *Flip the Script (Assertive):*

“I felt _____ when you said that, because _____.

Please _____.”

Scenario 3: Someone cuts in front of you in line.

✗ *Unhelpful Reaction (Aggressive):* “Hey! Who do you think you are?! Get back in line!”

✓ *Flip the Script (Assertive):*

“Excuse me, I was _____, and I feel _____

when someone cuts.

Can you please _____?”