

TOPIC 9: ASSERTIVENESS AND SELF-ADVOCACY

For this topic, we discussed assertiveness and the importance of advocating for one's needs. Assertiveness refers to asking for what you want or need, or saying no, in a respectful way. We discussed barriers to being assertive and practiced advocating for our needs.

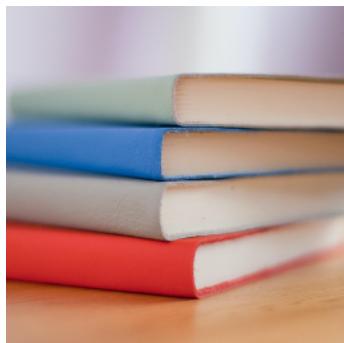
RECOMMENDED READING

Picture Book:

How to Be a Lion by Ed Vere

Chapter Book:

The Last Fifth Grade of Emerson Elementary by Laura Shovan



SKILLS

- Challenge unhelpful worry thoughts if you're nervous to advocate for yourself.
- Passive, assertive, and aggressive responses
- Ask clearly for what you would like the other person to do, rather than asking what you would like the other person not to do.

TAKEAWAYS

- Being resilient often relies on getting help from others.
- Often, we need to advocate for ourselves to meet our needs.
- We can advocate in a way that both gets our needs met and is respectful.

AT HOME PRACTICE

Demonstrate and have your child practice asking for what they want in a respectful manner. For example, this could be a food your child wants to eat, a song they want to hear on the radio, an activity they would like to play with a friend, or something that they need help with.