

Explore ways to respond

Provide multiple opportunities for students to explore and discuss situations they find challenging.

Visit [Enhancing relationships: Being assertive](#) for more activities.

Activity 1

Students could brainstorm situations where their rights have been challenged, such as when another student queue-jumps or keeps interrupting them when they're working.

Students discuss their reactions to each of these situations and identify the three different ways that people deal with a challenge to their rights: passively, aggressively, and assertively.

Activity 2

Discuss and demonstrate, for example, through role-play:

- passive response (keeping the head down, looking and sounding timid, and making no eye contact)
- aggressive response (using a loud voice and physical force, glaring, using put-downs, and making threats)
- assertive response (making eye contact, speaking firmly but pleasantly, and making clear statements).

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