Provide an assertiveness model

Use a range of options such as role play, puppets, or comic strips to practice using the assertiveness model.

An assertive person:

Says "NO"	
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Gives a reason	
	\downarrow
Acknowledges the other person's needs or concerns	

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Suggests an alternative

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If faced with a persistent arguer, the person says "no" three times and then walks away.

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