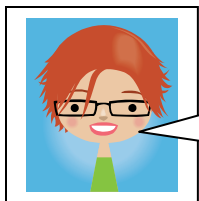


SNAP

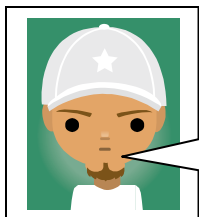
# Assertive



When you are being assertive you use “I statements” to explain how you feel.



People who are being assertive keep a calm and low tone of voice.



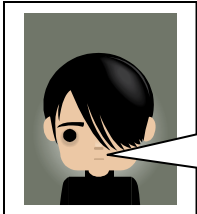
Use good eye contact to show that you are listening calmly to the other person.

Being assertive means that you can tell another person how you feel about something without being aggressive and thinking that they do not have a right to be heard.

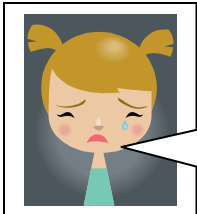


SNAP

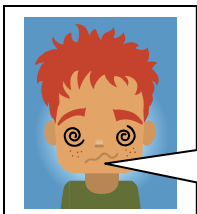
# Passive



When a person is being passive, they may make themselves look small and avoid eye contact.



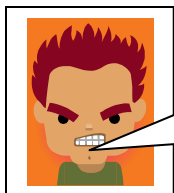
Sometimes people who are being passive may cry and use a quiet tone of voice.



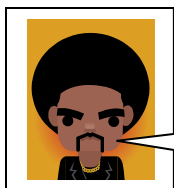
Being passive means that you may go along with something even though you know it is wrong because you are too scared to say no.

If you act passively a lot, then people will start to treat you as if your opinions or how you feel are not important. Try some steps to make yourself come across as assertive and practise using “I statements” to make sure you get your point across.

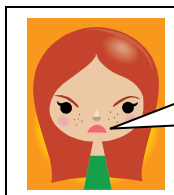
# Aggressive



Being aggressive is not the same as standing up for yourself, it is acting as if you are more important than another person.



Aggressive behaviour includes shouting, swearing, threatening or hurting someone on purpose.



When someone is being aggressive, they may stare at you, or invade your personal space.

If someone is being aggressive towards you, you have a choice in how to act, but make sure you listen to your Early Warning Signs and keep yourself safe.