

Assertiveness Skills

Asking for help: People with social anxiety are often the last ones to ask for help from a teacher, friend, or other trusted adult. If you struggle to ask for help, it may be good to start practicing at school with a teacher (for example, help with a homework assignment).

Standing up for yourself: When someone is unfair or disrespectful to you, being assertive is the best way to stand up for yourself. To do this, you need to...

1) describe how you feel

2) clearly and calmly state what you would like to happen

When practicing this skill, make sure you remain respectful since it's easy to become rude when standing up for yourself.

One way to do this is to use "I feel" statements:

"I feel _____ when _____. I would like it if _____."

"I feel upset when you make jokes about the kind of music I like. I would like it if you would stop making those jokes."

Saying no: Being able to say “no” when you do not want to do something is an important skill to have. If someone asks you to do something unreasonable, like complete an assignment for them, or if someone asks you to do something that makes you uncomfortable, it’s important to be able to say no to them.

Dealing with teasing or bullying: Teasing is something that almost all teenagers deal with, so it can be helpful to find ways to cope with being teased or picked on. You might try **coming up with a few sentences you can respond with to prepare yourself** for these situations.

If peers are making fun of something about you, you could respond with “Wow, this is so boring to talk about”. You could also simply ignore them if you don’t feel like responding.

If you are always being teased or bullied, it may be helpful to get your school or other adults involved. Remember, **it’s good to practice asking for help, especially if you are dealing with bullies.**