

STUDENT ADVISORY ACTIVITY

GRADE 10

SESSION #16

Topic: Assertive, Passive, or Aggressive

Time Required: 35 minutes

Objective:

Students will be able to identify the difference between assertive, passive, aggressive, and passive aggressive behavior.

School Core Values & Beliefs Expectations Codes: Knowledgeable Person, Effective Communicator and Producer, Collaborative and Cooperative Worker

Activity Statement:

Define assertive, passive, and aggressive. Discuss.

Students complete questionnaire independently, then discuss each answer as a group.

Variation: Teacher reads each statement aloud and group discusses each statement.

Materials Needed:

Handout, pencils

Procedure:

Ask students for examples of each type of behavior.

Students complete questionnaire independently, then discuss each answer as a group.

Variation: Teacher reads each statement aloud and group discusses each statement.

Discussion Questions:

Someone whose rights are consistently violated is **passive**.

Someone who consistently violates the rights of others is **aggressive**.

To be **assertive** is to maintain the rights of both parties whenever possible.

How can someone be “passive aggressive”?

What type of behavior is best?

Give examples of each.

Closure:

It is important to know the difference between passive, aggressive, and assertive behaviors. You have the power to say what is bothering you and what you need in a strong way without being aggressive. Assertive responses give others important information. Nobody can read your mind and your feelings accurately. When you let people know what you are feeling, what is bothering you, and what you need **assertively**, you are taking care of yourself and a relationship.

Next Advisory Lesson:

CAPT Review & “Pep Talk”

For each statement below, decide whether the behavior would be described as assertive (A), passive (P), or aggressive (G).

1. You say mean things to the other person to get even. _____
2. You don't express your opinion. _____
3. You say how you feel when someone has done something that bothers you. _____
4. You do what your friend is doing even though you don't really want to. _____
5. You say, "No" when you are not comfortable doing what the group is doing. _____
6. You yell at the person to try and get them to do what you want. _____
7. You give someone the silent treatment after you have an argument. _____
8. You accuse and blame the other person when things do not turn out as you expect. _____
9. You say your preference when you and your friends are deciding what to do on the weekend. _____
10. You show up late for a meeting and then make untrue excuses for your lateness. _____
11. You are asked to remove your hat and ignore the request. _____
12. You hear gossip about someone and you spread it. _____
13. Someone makes you angry and you threaten to hurt them. _____
14. You continue to let someone hurt you. _____

The easy way to understand passive or aggressive versus assertive behavior styles is:

Someone whose rights are consistently violated is **passive**.

Someone who consistently violates the rights of others is **aggressive**.

To be **assertive** is to maintain the rights of both parties whenever possible.