

Three Ways to say "NO"

Directions: For each situation, write one passive, one aggressive, and one assertive response. Use the clues given for each type of no.

Passive: Never says no, no eye-contact, makes an excuse, someone else says no.

Aggressive: Uses confrontational behavior; loud, physical, rude, or sarcastic.

Assertive: Says, "no", speaks clearly, usually followed by an "I" statement.

1. Your mother buys you a sweater that you really dislike and she suggests you wear it out with your friends tonight.

Passive: _____

Aggressive: _____

Assertive: _____

2. A person you have not met before starts gossiping to you about your best friend.

Passive: _____

Aggressive: _____

Assertive: _____

3. Your circle of friends want to have a party at your house while your parents are away. You don't want to betray your parents' trust.

Passive: _____

Aggressive: _____

Assertive: _____

4. Several of your friends want you to throw eggs at someone's house. You know that's vandalism, and you don't want to do this.

Passive: _____

Aggressive: _____

Assertive: _____

5. Several of your friends want to shoplift while you're with them. You know shoplifting is wrong.

Passive: _____

Aggressive: _____

Assertive: _____

THREE WAYS TO SAY "NO" Page 2

6. A friend wants you to tell his parents he was at your house last night, even though he wasn't. You know lying is wrong.

Passive: _____

Aggressive: _____

Assertive: _____

7. A friend has a copy of tomorrow's math test. This person invites you over to look at it. You know that's cheating.

Passive: _____

Aggressive: _____

Assertive: _____

8. When you and a friend are walking home from school, you see someone drop a \$5 bill. Your friend picks it up and wants to keep it. You want to give it back.

Passive: _____

Aggressive: _____

Assertive: _____

9. You have been waiting in line a long time at an amusement park and a woman with three kids tries to push ahead of you.

Passive: _____

Aggressive: _____

Assertive: _____

10. Some friends want you to sneak out after the curfew you and your parents have agreed on. You don't want to betray your parents' trust.

Passive: _____

Aggressive: _____

Assertive: _____