

# ASSERTIVE ROLE PLAY CARDS

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Use these cards as scenarios to role-play with a close friend or family member so that you can **practice** standing up for yourself and being assertive **out loud**.

This will make you more confident when you then have to do this in 'real life' situations. The more you practice out loud, the easier it will get!

You can also make up your own scenarios.



①

Your friend forgot to do her homework assignment and is now asking you if she can copy yours as she has run out of time and needs to hand it in today. How would you respond?

Role-play this with your friend or family member and remember to apply all your tips below to help you to be assertive without being rude or aggressive.



②

You are walking home with a friend and realize it is getting late. A car pulls up and asks if you want a ride. Your friend is tired and wants to take the ride but you think it's too risky. How would you respond?

Role-play this with your friend or family member and remember to apply all your tips below to help you to be assertive without being rude or aggressive.



③

You have to study for a test and your friend calls you and just want to "chat". You need to rather use your time to study. How would you respond to her?

Role-play this with your friend or family member and remember to apply all your tips below to help you to be assertive without being rude or aggressive.



③

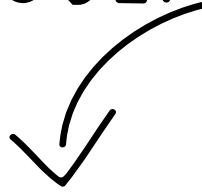
You are with a group of friends and they all decide to make fun of a girl that is sitting on her own. You don't want to do that. How would you respond?

Role-play this with your friend or family member and remember to apply all your tips below to help you to be assertive without being rude or aggressive.

## Remember the 3 tips:

- 1) **Look the part** - your body language and tone of voice is important
- 2) **Keep it short-n-sweet** (You don't have to give excuses, reasons or apologize for saying NO)
- 3) **Focus on the awesome feelings you'll feel later** - not the uncomfortable feelings you will feel while you are busy standing up for yourself.

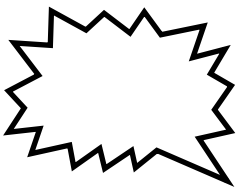
# ANOTHER USEFUL TIP...



Here is “recipe” that you can use for an **assertive response** that will **not** sound like you are attacking the other person or that you want to start a fight. The important part of this winning-response-recipe is that you **always start with the word “I” instead of “you”**.

Follow this **assertive-response-recipe** and simply fill in the blanks with words that are applicable to the situation that you are in.

“I feel \_\_\_\_\_  
(Tell the person how you feel)  
when you \_\_\_\_\_  
(Describe what caused this feeling; be specific)  
and I want \_\_\_\_\_”  
(What would you like to happen in the future)



## EXAMPLE 1:

“I feel like my opinion doesn’t matter to you when you always want to choose the movie and I want to get a chance to chance to choose next time.”

## EXAMPLE 2:

“I feel uncomfortable when you guys want us to drink alcohol and I want to rather call my mom and go home.”

