

# Assertiveness and Identity

St John's and St Clément's'



# Assertiveness

Being assertive is about expressing yourself in a way that is neither submissive or aggressive.

It is communicating calmly without getting upset, or upsetting others.



# ACTIVE LISTENING



- Stop talking and thinking of what you are going to say and hear.
- Use continuation noises.
- Repeat back what you think they have said.
- Clarify, “Are you saying...”

# Shaping Communication Style



- Do not respond to poor communication styles – it is re-enforcing.
- Give them time/space.
- Try to express your child’s feelings for them. “I wonder if that feels....”
- Model expressive communication.

# Fight or Flight



# Controlled Breathing



- Model deep breathing, use ‘belly breathing’.
- Engage in breathing exercises 4-2-4 -so they know what to do when they need it.
- Mindfulness.

# Timing



- Never be too quick to respond, you will not say what you want and you will increase the urgency of the interaction.
- You do not have to fill the silence-
- Wait until you have thought about your response.
- Timing is important.

# Language- Is Important

- Avoid Saying:
  - You
  - But
- You always...
- But its not your go...
- You can't...
- You don't...





# “I” Statements



- **DO SAY**
- I feel upset when...
- I get anxious when....
- I feel ignored when...
- I get frustrated when...

# TONE OF VOICE AND BODY LANGUAGE



- Go low and slow.
- Don't point, use open hands.

# **Assertiveness is Rooted in Positive Identity**



## **I KNOW WHO I AM**

- I know what I believe
- I am worth hearing
- I have a set of values
- I have something important to contribute
- I know what I am talking about
- I deserve a go

# Developing Positive Identity



- Use positive behaviours not negative to define your child.
- Help them to conceptualise who they are.
- Have role models in their lives
- Value their opinions, invite them to make choices and explain why.
- Avoid being overly organising, individualising is their job.

# THE HYPOTHETICAL SITUATION



- What would you do if....
- What would you say if...
- Under what circumstances would you...
- What you rather be....
- What would you say to...
- Who would you invite to...

# A CONTINUING INFLUENCE



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- Adolescents who have not developed strong sense of self are more vulnerable to the suggestion of their peers and the media.
- Keep talking with your children.
- Timetable activities.
- Meet/welcome their friends.
- Be interested in their interests.