

# Communicate and cooperate

## Be assertive

BEYOND

- Students should watch the first 45 seconds of the clip. Then ask for one adjective to describe the attitude of the boy in the conversation.
- Ask students to share ideas.
- Guide students to the meaning 'assertive' by checking: Was he aggressive? No. Passive? No. The state in between these adjectives we call ...
- Students can then discuss what it means 'to be assertive.' Elicit ideas and establish that it is a skill/way of communicating to let others know about your needs and wants whilst considering the needs and wants of others at the same time. Standing up for your rights while respecting the rights of others creates a win-win situation.

**Option 1:** Students predict in pairs what behaviour is assertive. Elicit and list some ideas on the IWB, and ask students to decide if these are true or false whilst listening to the clip again. Discuss suggestions from the class in small groups. (Have you tried it, would you try it, best advice?)

**Option 2:** Dictate at random the types of behaviour listed below. Ask students to put them in the correct column. Watch the clip to check the 'Assertive communication' column. In small groups, discuss other behaviour shown by the speakers.

### Aggressive communication

- making threats
- bullying
- gossiping
- talking over someone

### Passive communication

- not saying anything
- letting the other person get what he or she wants
- letting others say whatever they want about you

### Assertive communication

- listening to others
- making eye contact
- standing up straight
- knowing what you want
- respecting your wishes