

Cartoonversation™

Card Episode 10

10

Build a Bear

Learning to be Assertive



Gemma



Five Cartoonversation™ Starters

1. Can you think of a time when you wanted to speak up but didn't?
2. Where could you practice being assertive without feeling too nervous?
3. What are some differences between being assertive and being bossy?
4. Do you think it's important to learn how to say no in certain situations? If so, can you share some examples?
5. Do you know someone who is good at being assertive? If so, what makes you think they are assertive?

Five Factoids

Assertive kids often find it easier to...

1. Build up stronger relationships
2. Respond to bullying in a healthy and productive way
3. Understand and appreciate their own feelings
4. Speak up for themselves and the people they care about
5. Develop stronger self-esteem

Five Websites

For more information on learning to be assertive, visit these websites.

1. psychcentral.com
2. pbs.org
3. afineparent.com
4. todaysparent.com
5. kellybear.com

