

Assertive Communication for Stress Management

Grades 8-12

Applied Design, Skills and Technologies

Purpose of the Lesson

Assertive communication is the healthiest type of communication. You are able to explain what you need and what you want, while considering the feelings and needs of others. In this lesson, students will learn what assertive communication is and how to make it easier through an educational video. They will then complete a worksheet where they compare assertive, passive and aggressive communication, practice assertive communication and explore the benefits it brings. They will then complete a creative project where they will solidify their knowledge of assertive communication, be creative, and learn to work effectively in a group.

Curriculum Competencies:

Applied Design, Skills and Technologies

- ◇ Identify and evaluate the skills and skill levels needed, individually or as a group, in relation to a specific task, and develop them as needed (Grade 8)
- ◇ Identify the skills and skill levels needed, individually or as a group, in relation to specific projects, and develop and refine them as needed (Grade 9)
- ◇ Make a plan for production that includes key stages, and carry it out, making changes as needed (Grade 8)
- ◇ Make a step-by-step plan for production and carry it out, making changes as needed (Grade 9)

After Grade 9, Applied Skills, Designs and Technologies branches out to a more specific curriculum for different electives. This lesson could apply to Computer Studies, Media Design, Graphic Production and Communications.

Physical and Health Education

- ◇ Describe and assess strategies for promoting mental well-being, for self and others (Grade 8)
- ◇ Analyze strategies for promoting mental well-being, for self and others (Grade 9)
- ◇ Evaluate and explain strategies for promoting mental well-being (Grade 10)

After Grade 9, Physical and Health Education becomes an elective. However, this lesson plan can still be integrated into other courses.

First Peoples Principles of Learning:

- Learning involves patience and time.
- Learning requires exploration of one's identity.

Video

Assertive Communication

Guiding Questions:

- ◇ What is assertive communication?
- ◇ What are some examples of when we would need to use assertive communication?
- ◇ What is the difference between being assertive and being aggressive?
- ◇ What possible benefits do you see of assertive communication?
- ◇ What does the video say about what makes learning to use assertive communication easier?

Step-by-Step Lesson Plan

Preparation: Print off the Assertive Communication Worksheet.

1. Watch this video on Assertive Communication. Find in [HERE](#). **Pause the video and use the Guiding Questions to spark discussion.**
2. Use the worksheet below to go over the difference between assertive, aggressive, and passive communication. Then, let students work in groups of two to complete the "Assertive Communication Worksheet." Using their knowledge of assertive communication, allow students to guess what aggressive and passive communication look like before giving them the answers. Find answers to the worksheet below.
3. After completing the first part of the worksheet, get students to reflect on the benefits of assertive communication by filling out the last part of the worksheet. Then ask them:

What is the link between assertive communication and mental health?

Possible answers:

- ◇ Mental health is associated with low self-esteem and assertive communication improves self-esteem and self-confidence.
 - ◇ Assertive communication reduces stress and uncertainty, which can help with anxiety or other mental illnesses.
 - ◇ Using assertive communication, we can advocate for ourselves and mental illness.
 - ◇ Assertive communication allows us to communicate our feelings and needs to our loved ones or friends when we are struggling with our mental health.
4. **Follow-up Activity:** This activity follows the curriculum of Computers and Communication Devices in Applied Design, Skills and Technologies. Students will be put into groups of 2-3. They will write and record a podcast episode about assertive communication, and how they would explain it to other young people who struggle with it. Give them freedom to be creative. The podcast episode should not be purely informational, but should use personal

experiences, story-telling, etc. Before making the podcast episode, they should write out a step-by-step plan. However, here are some topics they can cover in their podcast:

- What is assertive communication?
- Importance of assertive communication
- Examples of assertive communication
- Benefits of assertive communication

Assertive Communication Worksheet

List characteristics of the different types of communication:

	Passive Communication	Assertive Communication	Aggressive Communication
Body language			
Tone of voice			
Goal			
Eye contact			
Boundary level			

Write down a verbal response to each of these situations that represents the different type of communication.

Situation 1: Your boss is giving you too much work and you can't keep up.

How this makes you feel:

Passive:

Assertive:

Aggressive:

Situation 2: Your significant other never knows how to help you when you are feeling sad.

How this makes you feel:

Passive:

Assertive:

Aggressive:

Situation 3: Your parent(s) or caregiver doesn't give you any freedom.

How this makes you feel:

Passive:

Assertive:

Aggressive:

Situation 4: Your sibling isn't giving you personal space and went through your phone.
How this makes you feel:

Passive:

Assertive:

Aggressive:

Benefits of Assertive Communication

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.