

# Being Assertive

Although most young people don't drink, when you're with people who are drinking, it can be hard to say "no" and not join in.

List some advantages of being assertive in different situations (e.g., at school, chatting with friends, or at a party).


Think of a time where you have been assertive in the past. What happened?

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How did it work out?

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What would you do differently?

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Give an example of a time when you wish you had been more assertive.

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