

## Being assertive – learning to say 'no'

It can be a worrying time for parents when your children move up from Primary to Secondary school. You may worry about the people they will be mixing with and that older children may try and influence them to do things they don't really want to do.

This section will give you some ideas which you can discuss with your child to help develop self assertive exercises that they can use in real life situations.

### Peer pressure

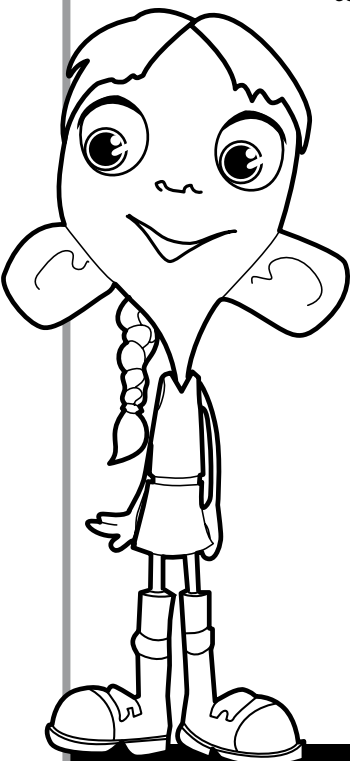
Making the right choice can be difficult especially when your child's friends want them to do something they don't really want to do. You can't be there to protect them all the time so how can you help prepare them for dealing with the big wide word? How can you help them to be able to say no easily?

Sometimes your child might feel okay and be happy to join in but there may be occasions when they feel uncomfortable or unsure in a situation and want to walk away. How can they do this without falling out or losing face with their friends?

### What to do:

#### Using the broken record technique

The broken record is a great technique which can be used in a variety of situations e.g. when someone doesn't accept a simple 'no' the first time round. Look at the examples on Activity Sheets 5A and 5B and then try some role play activities together to practise the technique.

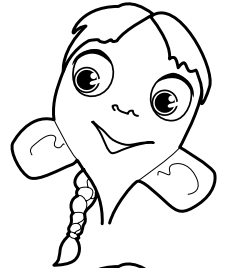


# Being assertive



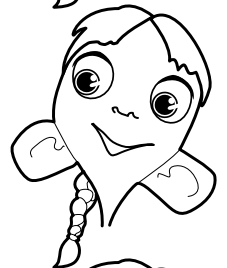
**Child A:** (to friend): I'm going to have some of mum's wine, do you want some?

**Child B:** No, I'm okay thanks.



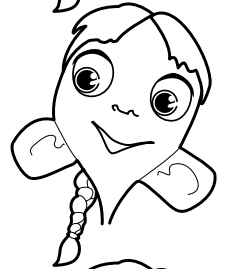
**Child A:** Go on, she'll never know.

**Child B:** No, I'm okay thanks.



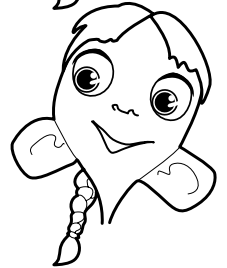
**Child A:** Why not?

**Child B:** No, I'm okay thanks.



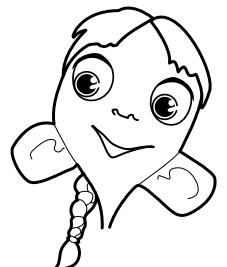
**Child A:** Don't you want to try some?

**Child B:** No, I'm okay thanks.



**Child A:** Go on, you'll feel great.

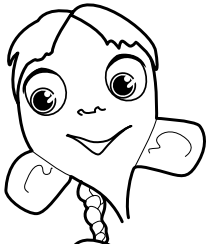
**Child B:** Thanks, but I'm okay and don't want any. Pop Idol's about to start.



This last statement is a good time to walk away or change the conversation.

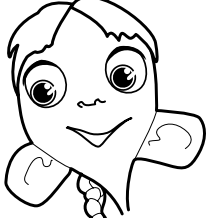
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Now work together to try and put your own broken record responses following these statements.



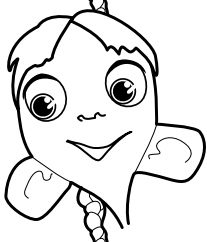
**Child A:** (to friend): Look I've found some cigarettes, do you want one?

**Child B:** \_\_\_\_\_



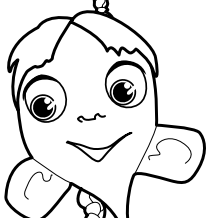
**Child A:** Go on, it's only one.

**Child B:** \_\_\_\_\_



**Child A:** Don't you want to try one?

**Child B:** \_\_\_\_\_



**Child A:** You can share mine.

**Child B:** \_\_\_\_\_



**Child A:** Go on, it won't hurt you, just this once.

**Child B:** \_\_\_\_\_  
\_\_\_\_\_



Think up some different situations together and repeat this activity e.g. scenarios could include bullying or other worries your child may need help with.