

# Practising Safe and Assertive Responses

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Instructions:

Use the **Positive Pressure Language Bank** to help you respond to each scenario. Choose phrases that feel natural to you. You can mix, match or adapt them.

### Step 1: Choose Your Go To Phrases

From the Language Bank, circle or star **2–3 phrases** you would actually use in real life. These are your "go to" assertive responses.

### Step 2: Apply Your Phrases to Real Situations

Read each scenario and write an assertive response using the language bank.

## Scenario 1: Things feel rushed

Your friends are pressuring you to hurry and do something you're unsure about.

**Write an assertive response:**

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## Scenario 2: Someone is too close

You're standing at your locker and a classmate crowds your space.

**Write an assertive response:**

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## Scenario 3: You need to say no

A friend wants you to join in on something you don't feel comfortable doing.

**Write an assertive response:**

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## Using Positive Pressure: Practising Safe and Assertive Responses

### Scenario 4: Redirect the group

Your group is getting a bit silly and someone might get hurt.

**Write an assertive response:**

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### Scenario 5: Support someone else

You notice another student being pushed or crowded.

**Write an assertive response:**

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### Scenario 6: Back yourself

You've made a safe choice and someone questions it.

**Write an assertive response:**

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### Positive Influence

Positive pressure is about shifting behaviour without attacking the person.

**Complete the sentences:**

*One calm, confident sentence can change a group because...*

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*Being the safest person in the group is leadership because...*

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Would that response work with your real friends? Why or why not?

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Is being assertive harder in front of friends of the same gender? Why might that be?

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