

Being assertive

Sometimes things don't go the way you think they should. If this happens, it's normal to feel like you should say or do something.

Being assertive is a good way to stand up for yourself or what you think is right.

Being assertive means:

- Asking for what you want and need
- Sharing your opinions and ideas
- Believing you can do what you need to do
- Thinking about what other people need and want

When you're...	Here's how you act	Here's how you sound
Passive	You don't speak up. You let things happen, even when you think they're wrong.	"The thing I want probably isn't important."
Aggressive	You speak up strongly. You don't pay attention to other ideas.	"I don't care what you think. We're going to use my idea."
Assertive	You speak up about things that are important. You pay attention to the needs of others.	"I want one thing, but I understand why you want something different. Let's see if we can make them both work."

Being assertive helps you work well with other people. When you're assertive, you can help everyone get what they need, including yourself.