

Excerpts from *Cool, Calm, and Confident* . . .

(From the Introduction)

Part of acting assertively is communicating with others in a positive and fair way - listening as much as you speak, expressing your feelings in an appropriate way, and using good manners. It also means solving problems and settling disagreements by using skills like taking responsibility for your actions and seeing things from another person's point of view. Activities in this workbook can teach you how to do this.

Many kids are teased about one thing or another at some time in their lives. When you act assertively, you can handle playful teasing without letting it bother you too much. You can also disarm harmful teasing by asking others for help. If you are a person who acts aggressively by bullying or teasing other kids, the activities in this workbook can teach you how to communicate in more caring and mature ways, and help you do a better job of making and keeping true friends.

(From Activity 20: Choosing Real Friends)

When you choose friends who like you as you really are, you will feel good inside. When you choose friends who only like you when you try to be something they want, you will feel upset and confused. Having friends who like the real you will help you have the confidence to act assertively.

(From Activity 22: Your Right to Say No)

Part of acting assertively and standing up for yourself means using your right to say no. You have the right to let other people know when you do not want to do or say something that would hurt you or that you do not think is right. Learning and practicing different ways to say no can make it easier to act assertively when you want to.

(From Activity 37: SAIL Through Teasing)

1. **Stick with friends.** Teasers usually tease when you are alone. If you see them coming, stick with your friends or stand near a teacher.
2. **Avoid teasers.** If you don't go near the teasers, they have less chance to bother you, and they will find someone else to tease.

3. **Ignore teasing.** Pretend you didn't hear the teasing and go on with your life. When teasers don't get a reaction from you they usually stop. Tell yourself this rhyme: "If they are ignored, teasers get bored."
4. **Laugh.** If you learn to laugh with the kids who tease you, you can have fun instead of feeling upset.