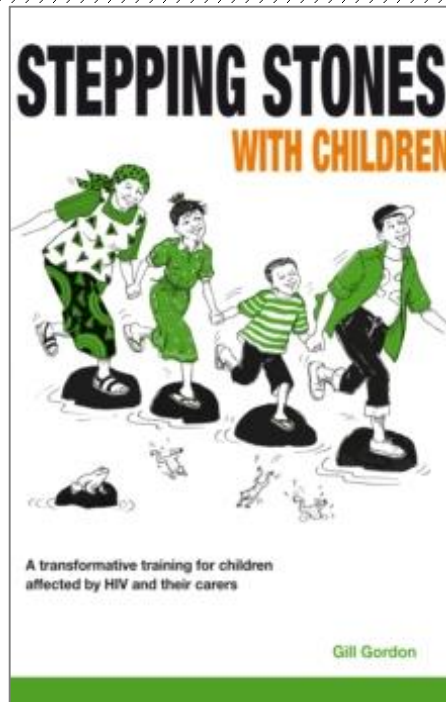


Handouts for *Stepping Stones with Children*



This *Handout for Stepping Stones with Children* is to be used with the *Stepping Stones with Children* training manual published by Practical Action Publishing, 2016.

You can download this handout for free for use with this training manual from the www.stepsstonesfeedback.org website.

On this website there are also many other resources to support you with this training manual and the original *Stepping Stones* training manual.

Stepping Stones and *Stepping Stones Plus* as well as *Stepping Stones with Children* are both programmes created and supported by Salamander Trust, www.salamandertrust.net

Stepping Stones with Children was created by Salamander Trust with PASADA. It was funded by Comic Relief.

© *This Handout: Salamander Trust 2016*



HOW TO BE ASSERTIVE

1. Three ways to respond

Assertiveness means being positive and confident. It means being aware that we are worthy people with our own special gifts. When we are assertive we think for ourselves and ask for what we need. We have the self-confidence to tell the truth and the courage to seek justice.

We behave in an **assertive way** when we:

- Share our own ideas and feelings.
- Tactfully tell others what we really think and feel.
- Choose not to allow others to lead us into trouble.
- Ask for what we want and need.
- Do not accept unfair or hurtful treatment.
- Expect respect at all times.

We behave in a **passive** way when we:

- Follow the crowd and give in to peer pressure;
- Remain silent when we disagree or feel unhappy about something;
- Put up with things we don't like;
- Find it difficult to say 'no';
- Do not start something new in case we fail;
- Allow others to make all the decisions

We behave in an **aggressive** way when we:

- Do what we want, with no thought for the other person;
- Try to control people;
- Put ourselves first even though others lose out;
- Become angry quickly when others disagree with us;
- Shout, push, or force people to do things they don't want to do;
- Beat or act violently towards another person;

QUESTION

Why is assertive behaviour better than passive and aggressive behaviours?

2. Making 'I' Statements

When we are upset we may use aggressive 'you' statements, for example, 'You never listen!' They tend to make the other person feel attacked, and get in the way of good communication.

'I' statements are a way of assertively telling people how we see things, how we think and feel, and our suggestions for change. Many people find 'I' statements help them to communicate in a kind and positive way.

Use the steps in Dabwiso’s story to help others to understand how we can use ‘I’ statements to be assertive in difficult situations.

Dabwiso’s story

Dabwiso has HIV and students at his school find out. They refuse to sit next to him.

Step 1: *Explain how you feel about a situation and why you feel that way.*

‘When you refuse to sit next to me, I feel sad because we are all human beings who might have HIV. I do not deserve to be treated this way. I can’t give you HIV by sitting near you, or playing sport or eating together.’

Step 2: *Ask for what you would like to happen.*

‘I would like you to understand that HIV is just a health problem, like diabetes. And to see who I am, a human who would like to be friends.’

Step 3: *Ask how the other people feel about what you have said.*

‘What do you feel about this?’

Step 4: *Reach an agreement on what to do next (if appropriate)*

‘I would feel happy if we could talk more about HIV and how to support all our class-mates who have health problems.’

3. Examples of ‘You’ and ‘I’ statements

‘You’ statements	‘I’ statements
<i>Younger children:</i> You are always taking my toy car over to the big boys. Give it back or I’ll take your ball.	When you take my toy car over to the big boys, I feel worried that they might keep it or break it. I would like us to play with it together here. What do you say?
<i>Older child to caregiver:</i> You are so ignorant, making me do the farming when I have homework to do!	When I don’t have time to do my homework, I worry that I will fail my exams and not get a good job to help you. I would be happy if we could talk about how we can best support each other.
<i>Caregiver to orphan:</i> All you do is fight or sit around moping! I’ll throw you out to live with the street children if you don’t behave better!	I feel sad when you are sad and don’t go to school. I think you are missing your mum. Come and sit with me and let’s talk about the good times you had together. Would you like to do that?