

Being assertive

Being assertive (say ass-er-tiv) is about letting others know how you feel and what you want. It's about letting people know your real thoughts and opinions, and being clear about what you want to do.



Sometimes people confuse assertiveness with aggression (say ag-re-shun).

Aggression is more about the tantrum stuff- trying to **make** people listen to you, or do what you want without thinking about their rights. It's a type of [bullying](#).

When you are assertive, you still need to remember to listen well to what others are saying. You have a responsibility to respect the rights of others.



Everyone has the right to:

- ★Feel safe
- ★have opinions and be able to express them freely
- ★ask for what they want
- ★make mistakes and have a chance to try again
- ★have successes
- ★be themselves
- ★do things their own way
- ★private space and time
- ★a fair go
- ★change their mind
- ★have their own ideas and dreams
- ★choose whether they want to help others
- ★make decisions and choices
- ★say no without feeling guilty or selfish

"Assertive people care about themselves and about others. They feel confident enough to take risks, make mistakes and learn from them. They are people who will be kind and honest friends. You know that you can rely on them to keep their word. And aren't those the sort of things you would like someone to be saying about you?" *Dr. Kate*

Now that you know what being assertive looks like, here are some helpful tips on [Conflict resolution](#) to better communicate assertively through "I" messages and statements.

Some words used to describe this mouse, which is also in the [Girl Scout Promise and Law](#) are:

★CONFIDENT ★FRIENDLY ★HONEST ★RESPECTFUL ★CARING ★FAIR ★FIRM ★SENSITIVE TO OTHERS

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