

## Quiz: You know how to act assertively\*?

Take this quiz and choose the most assertive response in every situation. Write the answers in your Top Tip Peer Book (number and letter)

\*Being assertive means express what you think and feel in a clear and positive way.

1. You're talking to someone. How can you show that you're assertive?

A. By looking at the ground while speaking



B. By making eye contact in a friendly way



C. By dominating someone with my gaze, and show them I am very confident



2. **You're talking to someone. How can you show that you're assertive?**
  - A. By speaking softly
  - B. By speaking clearly
  - C. By speaking very loudly
  
3. **When you're in an argument, what would be the most assertive reaction?**
  - A. Giving in
  - B. Expressing what you think and feel in a positive way
  - C. Trying to put the other down, by saying unfriendly things
  
4. **What is your body language if you act assertively?**
  - A. I make myself small, bow my head and withdraw
  - B. I stand up straight, am relaxed and inviting
  - C. I cross my arms, strain my muscles and look angry
  
5. **What would you think of yourself and the other person?**
  - A. I'm worth less than the other, the other is better
  - B. We're equal
  - C. I'm the best, the other person is worth less

**What is your score? Are you passive, aggressive or assertive?**

**See page 3 for the answers...**

## Results:

Count how many As, Bs and Cs you have. Write this in your book.

### Mostly As?

You tend to be quite passive in communicating with others. You may think your opinion isn't that important or you should always give in to other people.

It is a quality of yours that you respect the opinions of others so much. But don't forget that you are important too! Every human being has the same rights and same value, so you too. You don't need to be afraid that people will disrespect you when you share your opinion. On the contrary, people will respect you for it in the end! You can use the tips in this lesson to gain confidence and speak up more.

*Check the B-answers, so you can learn to communicate assertively instead of passively.*

### Mostly Bs?

You tend to be assertive in communicating with others, well done! This means you often feel confident to share your opinions in a clear and positive way. This means that the people around you know what you think and feel, so they can respect your opinions and feelings. You may even be a role model for people in your class. Continue this way!

*Didn't you score 5 B's straight? Check the B-answers if you want to be a master in communicating assertively.*

### Mostly Cs?

You tend to be quite aggressive in communicating with others. You may think your opinions to be better than those of the people around you, or when you talk to someone you may express yourself in a dominant way.

It is a quality of yours that you can express what you think and feel. So that's good. But you may try to give some space to the opinions of other people too. Learn to listen and respect others, then they will respect you more too.

*Check the B-answers, so you can learn to communicate assertively instead of aggressively.*

## So now you know:

1. how you can be assertive and express what you think and feel in a clear and positive way;
2. that communicating is not only talking, but also showing a message with your body language.