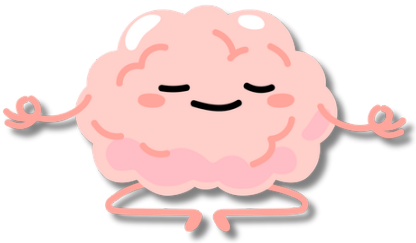
HOW TO BE ASSERTIVE

Assertiveness means speaking up for yourself in a way that is clear and kind. It's about sharing your thoughts, feelings, or needs without being too shy or too bossy. Being assertive helps other people understand you and shows that your voice matters. It's not about arguing or getting your own way all the time, it's about making sure you are heard while respecting others too. Assertiveness can help you feel more confident and build better relationships with friends, family, and teachers

TIPS FOR BEING ASSERTIVE!

USE "I" STATEMENTS:

Start sentences with "I" to express how you feel or what you need. For example:
Instead of: "You're being mean!"
Say: "I feel upset when you talk to me like that."



STAY CALM AND CLEAR:

Speak in a steady voice and use words that are easy for others to understand. If you feel nervous, take a deep breath before you speak.

LOOK AT THE PERSON (IF COMFORTABLE):

If you feel okay doing it, look at the person's face when you talk. If not, it's okay to look near them or focus on something else while speaking.



ASK FOR WHAT YOU NEED:

Be direct and clear. For example:

- "I need a break."
- "Can I have some help with this?"





SAY "NO" WHEN YOU NEED TO:

It's okay to say "no" if something doesn't feel right or is too much for you. For example:

- "No, I don't want to play that game right now."



PRACTICE BEFOREHAND:

If you're nervous, try practicing what you want to say with someone you trust or in front of a mirror.

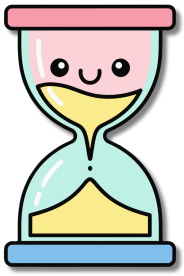
COMMUNICATE IN YOUR OWN WAY:

You don't need to change your facial expressions, tone of voice or natural communication style to be assertive. You can use speech, writing, AAC or gestures to express your needs and boundaries. What matters is that your message is respected.



TAKE YOUR TIME:

If you're not ready to answer or speak right away, it's okay to say, "I need a moment to think about that."



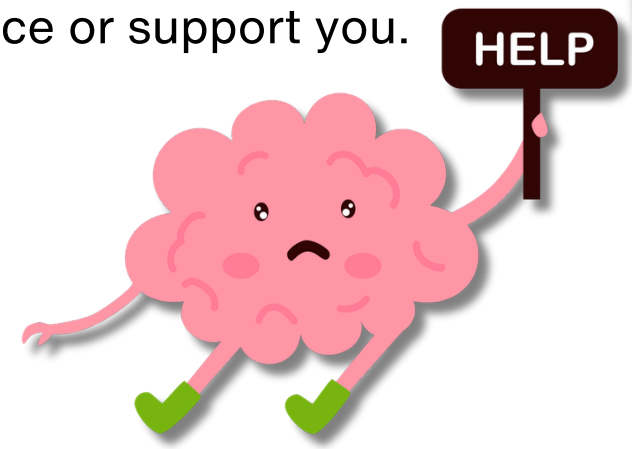
KNOW IT'S OKAY TO MAKE MISTAKES:

If you say something that doesn't come out right, it's okay. You can try again or explain yourself later.



ASK FOR HELP IF NEEDED:

If being assertive feels really hard, it's okay to ask a trusted adult or friend to help you practice or support you.



Thank you for exploring this ADHD SLT resource! 🌈

Created by a qualified Speech and Language Therapist with a neurodiversity-affirming approach.

Enjoyed this resource? Discover more printable activities, interactive games and communication resources at:

www.adhdslt.co.uk

Supporting communication, autonomy and well-being through creative, flexible activities.

Scan the QR Code to explore!

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