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SUPERGIRLS INTERVENTION
Planning for 6 sessions plus all paper resources included in the pack

SUPERGIRLS PLANNING
Communication styles intervention

passive aggressive

assertive

aggressive

passive

I am passive

- I can hide my feelings
- I am afraid to speak up
- I can ignore the problem
- I can be quiet
- I can lack confidence
- I can give up easily
- I can pretend it doesn't matter
- I can be easily influenced by others
- I don't think my opinion matters
- I usually avoid eye contact
- I often put myself down
- I can look sad

assertive

I am assertive

- I am honest
- I respect the rights and opinions of others
- I can express how I feel
- I am polite but firm with my views
- I speak clearly and confidently
- I can disagree respectfully
- I am willing to compromise
- I tend to give good eye contact
- I keep to the point
- I care about the situation
- I am non judgemental
- I am self aware
- I say no without feeling guilty
- I handle situations in a cheerful manner

SUPERBOYS INTERVENTION
Planning for 6 sessions plus all paper resources included in the pack

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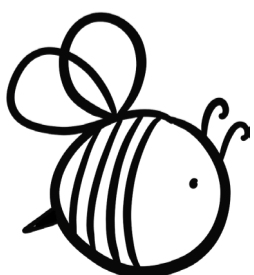
I am aggressive

- I can be opinionated
- I can appear to not care about others feelings
- I can intimidate others with my facial expressions
- I can shout
- I can act selfish
- I can be physical and hurt others
- I can use sarcasm
- I care about myself rather than others
- I often blame others
- I can be hostile
- I can talk over others
- I don't listen
- I can be demanding
- I can be emotional

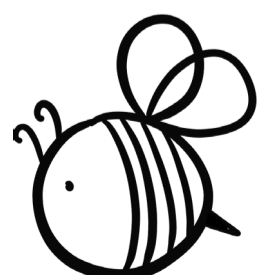
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Be confident

Be Assertive

Be brave

Stand up for yourself

Be firm but kind



When you are being assertive you are being fair to yourself as well as to others. Speak in a kind but firmly manner.

Say how you feel...



'I feel sad'

Explain your point of view...

'When you invited everyone to the cinema except me
because I was the only one who was left out'

Say what you would have liked to happen...

'I would like you to remember to invite me if you go again'

Listen to the other person's point of view...

You might have misunderstood. There might be an explanation. By saying something and being assertive you should now find out by listening.

Remember



'I feel... when...because...I would like...'