Assertiveness:

Read the article <http://kidshealth.org/teen/your_mind/best_self/assertive.html#> and answer the following questions.

1. Define assertiveness
2. Give two examples of what it means to be assertive.
3. Why should we be assertive?
4. What does being passive mean?
5. What does being aggressive mean?
6. List two things that can lead people to act assertively.
7. When you are not being assertive, are you naturally more passive or aggressive?
8. Give two examples of how someone with your style (from question #7) can work on being more assertive.