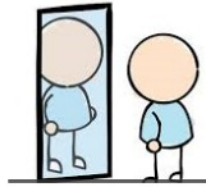


Lesson 2: Assertiveness, Boundaries and Control

I understand the difference between assertive behaviour, controlling behaviour and simply giving in.



1 hour lesson



Personal Development



What is personal
development?

Personal development is a subject and a school ethos.

We want all children to feel happy, safe and ready for the next challenge.



Ground rules!

We listen to each other.

We are kind and respectful.

We do not judge other people's ideas or feelings.

We take turns to speak.

We can choose to pass if we do not want to answer.

We use no real names when talking about people.

We ask sensible questions.

We respect everyone's right to feel safe.



Learning objective:

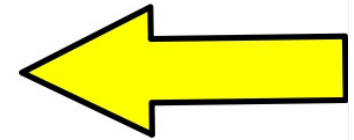
To understand how to express feelings and needs clearly and respectfully.

Success criteria: I can tell the difference between assertive and controlling behaviour and use assertive sentence stems.

Star words



controlling



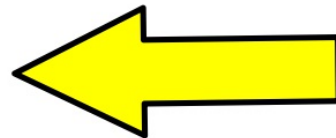
assertive



Assertive means saying how you feel or what you need in a calm, clear and respectful way.



passive

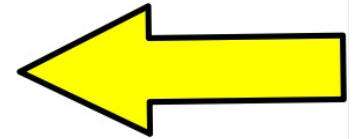


Passive means not saying how you feel or what you need, just going along with others.

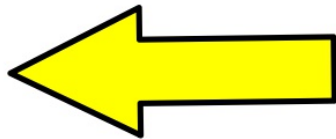
Star words



permission



boundary

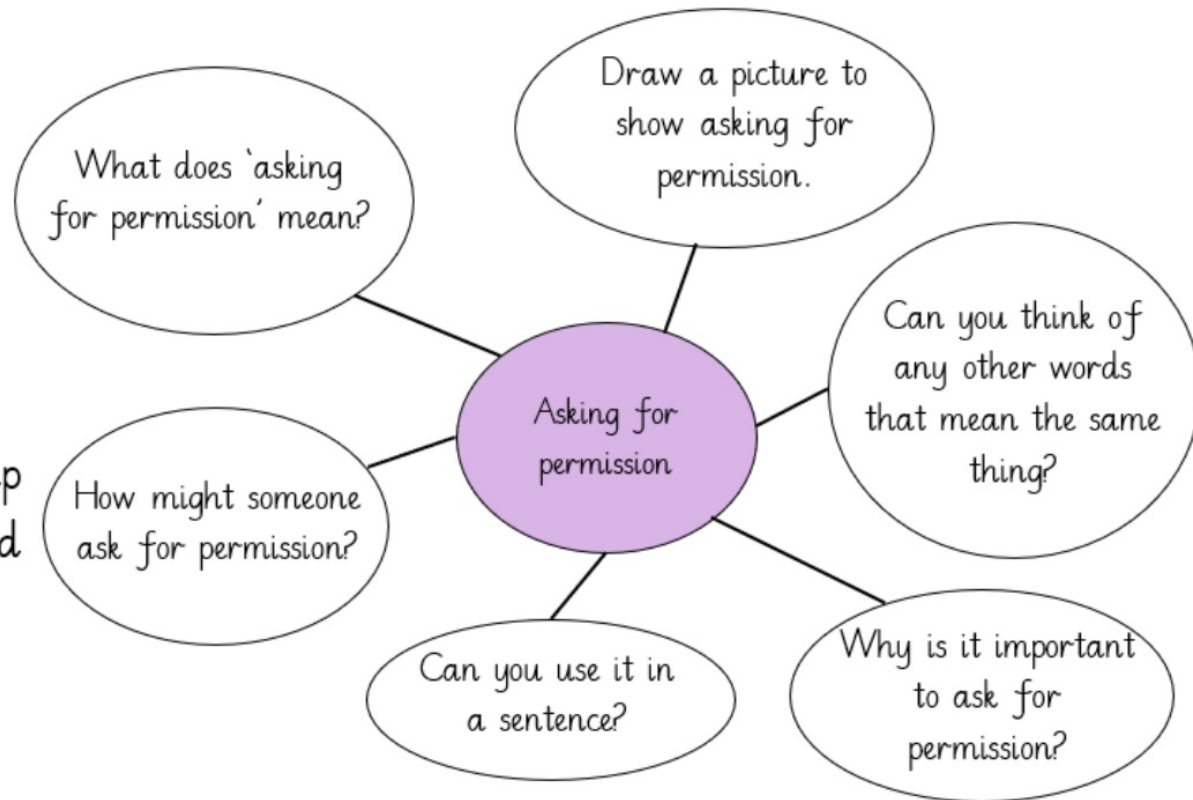


A boundary is a limit that helps you feel safe and comfortable and helps others know what is okay and not okay for you.

Asking for permission:

What do you think asking for permission means?

Complete the word map with your thoughts and ideas.



Discuss the following with your partner:

"I don't like it when people invade my personal space. It upsets me and makes me feel angry. So I shout at them to leave me alone, even if it's my dad or my best friend."

- What does the person mean when they say personal space?
- Can you give any examples of invading personal space?
- Why do you think they feel upset and angry?
- Do you think shouting is a good idea? Why/why not?



Exploring Boundaries



We all have **boundaries** depending on how well we know someone.

We have **different boundaries** for what is **safe** or **comfortable** for us to do with our family, with our friends or with other people we know.

Different ways people may respond:

Assertive

Calm, clear and respectful

Explains a feeling or need

Respects the other person too

Example: "Please stop. I don't like that."

Controlling

Bossy or forceful

Tries to make someone do something

Does not respect the other person's choice

Example: "You have to do what I say."

Assertive

Calm voice
Clear words
Respectful
Stands up for self

Controlling

Bossy
Pushy
Ignores "no"
Wants to be in charge

Passive

Says nothing
Gives in
Hides feelings
Own needs get ignored

Talk Task

Mia wants to play a different game. Her friend says, "No, we are playing this and you have to join."

Talk about it

Is the friend being assertive or controlling? Why?

How might Mia feel?

What could Mia say that is calm, clear and respectful?

What should happen next if they disagree?

Activity

Look at the different scenarios on tables. Rotate in groups and discuss what you would do.

A friend tells you that you must play their game.
Someone keeps borrowing your things without asking.
A friend keeps pressuring you to join in.
You want some space but don't know how to say it.
Someone says, "If you're my friend, you have to..."

At each station, children answer:

What is happening?
Is someone being assertive, controlling or passive?
What could someone say?
Should they get help?

You are playing an online game with friends. Someone messages you and says, "Give me your password so I can help you level up."

What might you say first?

How could you respond in a safe and respectful way?

What would a confident (assertive) response sound like?

Who could you tell or ask for help?



Let's practise things we might say:

Say how you feel

"I feel upset when..."

"I feel uncomfortable
when..."

Say what you need

"Please stop."

"I would like a turn."

"I need some space."

Respect the other
person

"Can we find a fair
solution?"

"What do you think?"

"Let's ask an adult to help."

Talk task:

Assertive sentence stem practice.

"I feel... when..."

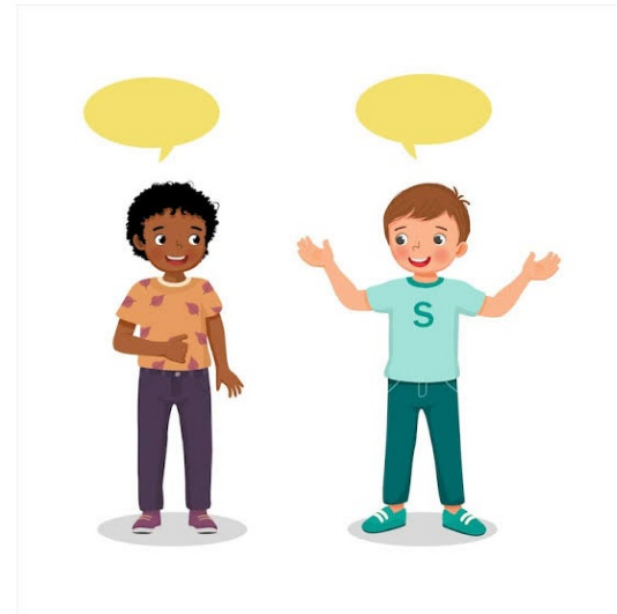
"Please stop..."

"I don't like..."

"I need..."

"Can we find a fair way...?"

"I would like a turn..."



Practise finishing them aloud with your partner.

Remember this is a pretend situation and not something that has actually happened.

Kindness does not mean ignoring yourself



Being kind does not mean saying “yes” to everything.

It is OK to have boundaries and to say what you need.

A good friend listens and respects a clear answer.

If someone keeps pushing, that is a sign you should get help.

Kind, too passive, or assertive
and fair?

"I let other people choose every time."

"I said I wanted a turn too."

"I agreed even though I felt uncomfortable."

"I asked if we could take turns."

"I didn't say anything because I didn't want to upset anyone."

Getting help for me or someone else:

At school

Class teacher
Teaching assistant
Learning mentor / pastoral
adult
Playtime staff

At home

Parent or carer
Older sibling
Trusted family member
Club leader

If I am still worried

Keep trying until I am heard.
Ask another trusted adult.
Get help for a friend as well
as for myself.

PD To understand the difference between being assertive, controlling and passive.

“
...
a fair

We looked at different scenarios and thought about how to respond in a calm, clear and respectful way to show our boundaries.

1. A friend tells you that you must play their game.

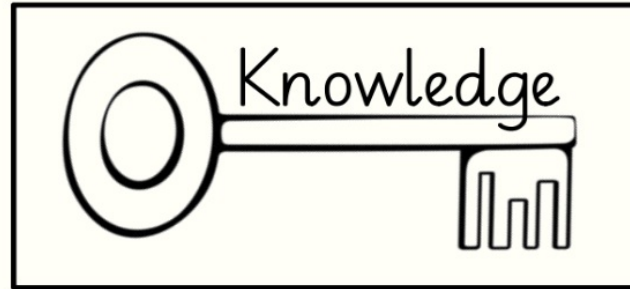
I could say: "_____"

2. Someone keeps...

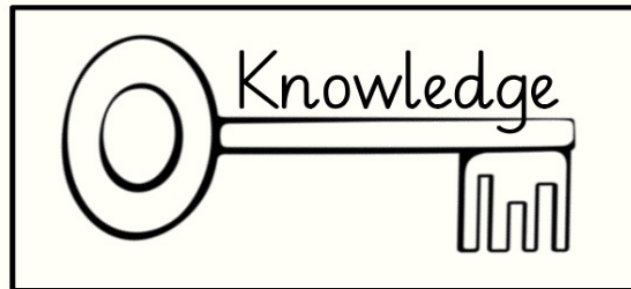
1. A friend tells you that you must play their game.
2. Someone keeps borrowing your things without asking.
3. A friend keeps pressuring you to join in.
4. You want some space but don't know how to say it.
5. Someone says, "If you're my friend, you have to..."

theme

I could say: "_____"



People can respond to situations in different ways, including being assertive (clear and respectful), controlling (trying to force others) or passive (not speaking up for themselves). Understanding these differences helps us choose the best way to communicate while respecting both ourselves and others.



It is also important to ask for permission and respect other people's choices, including accepting "no" and understanding that people can change their mind.

Skills



I can recognise different types of behaviour in a situation and understand how they affect others.

I can communicate needs clearly and respectfully by using assertive language and making positive choices.

Plenary:

Assertive means...

Controlling means...

One sentence stem I could use is...

If I was worried about someone else, I could...



Assertiveness, Boundaries and Control



I can express my feelings and needs clearly and respectfully.
I have the right to say **NO**.

Ways people behave		
<p>ASSERTIVE</p> <p>I speak up for myself in a calm and respectful way.</p> <p>I respect other people's feelings and boundaries.</p>	<p>CONTROLLING</p> <p>I try to control or boss other people.</p> <p>I don't respect their feelings or choices.</p>	<p>PASSIVE</p> <p>I don't speak up for myself.</p> <p>I let others decide, even when I don't like it.</p>

Using assertive language	
	I feel... when... "I feel sad when you ignore me."
	I need... "I need some space, please."
	I would like... "I would like a turn, please."
	Please stop... "Please stop. I don't like that."
	Can we...? "Can we find a way that works for both of us?"

Boundaries

Boundaries are the rules we set to keep ourselves safe and comfortable.

- I can say **yes**.
- I can say **no**.
- I can change my mind.

My body. My choices. My boundaries.

Which one is best?		
Choose the assertive response.		
<p>1. A friend keeps borrowing your things without asking.</p> <p>A "Stop! You always do this!"</p> <p>B (Say nothing)</p> <p>C "I don't like it when my things are taken without asking. Please ask me."</p>	<p>2. Your friend tells you that you must play their game.</p> <p>A "If you don't do this, I won't be your friend."</p> <p>B "OK..."</p> <p>C "I'd like a turn to choose or can we play something different together?"</p>	<p>3. Someone is saying things that make you uncomfortable.</p> <p>A "You're so annoying!"</p> <p>B (Walk away and say nothing)</p> <p>C "I don't like that. Please stop."</p>

It's OK to get help

If someone is being controlling, unkind or makes you feel uncomfortable...

- Talk to a trusted adult.
- Keep trying until you are heard.
- You are not alone.

Remember

- Be kind to others.
- Look after yourself too.
- Your voice matters.

★ I am in control of me! ★

Split onto more than one slide.