

Teaching Values of Being Human

The ART of developing healthy communication patterns

ACTIVITY; assertive role-play cards

Assertive role-play card 1

You and Rami are great friends and have been since Kindergarten. Today something must have happened to Rami.

He's sitting alone looking sad which is unusual. You ask, "Are you okay, Rami?"

Rami replies, "No, and you've you caused this. You're a backstabber. You must have told them because now they know!"

(Role-play; a pair. You and Rami)



Assertive role-play card 2

You're having fun playing a game of handball (or something similar) in a large group. Your friend gets out and everyone agrees that they are out. A few moments later they rush up to you, angry and teary. They yell, "That was rubbish. I wasn't out. Why didn't you stick up for me? I always have your back!" Show how you would treat them using kindness and strength, even though they are loud and upset. Everyone is watching.

(Role-play; group of 4. You, your friend and 2 others)



Assertive role-play card 3

You and Kim have a solid friendship but lately she's been distant. She's removed herself from the group as well. You see her sitting alone so you sit with her and ask, "Are you okay?"

"Yep! I'm just fine." she replies rolling her eyes.

You know she's not fine and that she's wrestling with a problem. Show how you would use your emotional strength to persist and reassure her that you are there for her if she needs you.

(Role-play; a pair. You and Kim)



Assertive role-play card 4

You've started a new friendship with Bodhi, but you're shocked by your closest friend's reaction. They take you aside and say, "I hate Bodhi. She has always been nasty to me.

I don't want you to be her friend. It's your choice, but you'll have to choose. It's me or Bodhi." Show us how you deliberately connect with your friend, encourage them to explain what's been happening and find a resolution together. Show us your respect and courage at work in this tricky situation.

(Role-play; group of 3. You, your friend and include Bodhi)



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Assertive role-play card 5

In this role-play, use your own name. It begins when you see a group your friends sitting together and decide to join them. As you sit down a new student, who's been working hard to become popular, calls out in front of everyone, "Put your hand up if you don't want (they say your name) to sit with us." You immediately feel hurt but choose to respond calmly and flexibly. Decide whether you'll use humour, or openly express your hurt, but whatever you do, choose words that allow everyone to see your kindness shine through.

There is the opportunity for the bystanders to do the right thing here!

(Role-play; group of 5. You, the person who's trying hard to become popular and 3 others in the group)



Assertive role-play card 6

Your friend passes you a note that's been going around the class. When you open it, you see it's full of mean memes about Sidney. Sidney has an intellectual disability. She really wants a happy life and to have many friends, but she is often silly and annoying. Your friend insists you to draw or write something too. You know Sidney does her best and doesn't deserve this. Your friend is very insistent that you add something. Your friend expects you to do this! Show us how you'll respectfully explain your position to your friend, stick to what you believe and be true to Sidney.

(Role-play; a pair. You and your friend)



Assertive role-play card 7

You're at a party with a few people you know and suddenly there's alcohol being handed around. You're given a can of vodka and coke. You notice that a few others are drinking, and some are not. Show us how you'll handle this awkward situation. Before you know it one of the so-called popular people moves in close to you and your friend and says, "Come, drink up you wimps!" What do you say? How do you be honest to yourself, keep your dignity and stay respectful to someone who's pressuring you? Show us how to cleverly handle this. Consider how your friend might support you?

(Role-play; group of 3. You, your friend and that so-called popular person urging you to drink)



Assertive role-play card 8

As you get on the bus after school a friend calls out, "Hey, check your Instagram!" You find a picture of yourself that says, "The face of no guts." You know who's posted it. They got annoyed when you refused to drink a can of vodka and coke at a party on the weekend. As you're looking at your screen this person's older brother, who is a long-time friend, sees your screen. He says, "I'm sorry. I know my brother did this. Let's go and talk to him." Show us how you speak honestly and assertively with the person who posted this. The older brother remains calm, persistent and loyal to both of you.

(Role-play; group of 3. You, and the two brothers)



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Assertive role-play card 9

You are with three of your friends. Suddenly there's an opportunity to grab a \$20 note from Elle's open locker. You say, "no way." The others apply pressure and give all kinds of reasons to take it. In this role-play, let's see you be strong. In other words, be true to yourself but remain connected to the group. This will be a challenging situation, especially if the others decide to take the \$20.

(Role-play; group of 4. You, and three friends)



Assertive role-play card 10

You're on the way to lunchtime science club. You see Min who is a small, quiet girl being stood over by Mica. Mica is inside her personal space and has trapped her by placing his hands around her on the wall. Mica likes to scare and get his own way, and everyone knows it. Mica has his usual two friends with him. As you get closer you can see Min is upset. Role-play what you do to help Min, and to keep yourself safe! This may be a situation where keeping it light and bright is the best way to help Min. Show us an approach that has a good chance for success.

(Role-play; group of 5. You, Min, Mica and the 2 friends)



Assertive role-play card 11

You have a friend who is always good to you. Yet they are hard-hitting with what they have to say to others. Lately, they've been giving someone in the group a hard time over their weight. They are fat-shaming this person in front of others but make it sound funny to get away with it. This person's weight is no one's business. In this role-play you decide to have this difficult conversation with your good friend. Use every assertive skill you have, to create a positive outcome. During the discussion a mutual friend joins you both, and participates in the conversation.

(Role-play; group of 3 – you, your good friend and another friend)



Assertive role-play card 12

There's a new student in your class. They seem nice and want to connect. The problem is there's a small group of kids who are constantly and sneakily harassing this person. You and your friends do what you can to include this person, but what's happening to them is wrong. In this role play, you and two friends approach your teacher, sit with them and explain what's going on. Your goal isn't to do, or make trouble. The goal is to help the new student by increasing your teacher's awareness. Let's see you have this difficult conversation and protect the dignity of everyone.

(Role-play; group of 4 – you, your teacher and 2 friends)



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Assertive role-play card 13

Your friend tells you and another friend that they are being blackmailed by a group of older kids at school. You know them and they have a 'gang' reputation. They say they have embarrassing information about your friend and will share it with everyone if they do not receive \$20 by the end of the week. They don't have any information at all. Should your friend pay? Is that the right thing to do? Will they stop if your friend pays? Blackmailing is illegal, so should teachers, parents or the police be involved? What's this group likely to do if teachers or the police become involved? Support your friend by discussing the options and decide on one that is honest and courageous.

(Role-play; group of 3 – you, a friend and the friend who is being blackmailed)



Assertive role-play card 14

Your parents fight with each other a lot. Sometimes it gets nasty. Lately you've been retreating to your bedroom and clawing your nails deeply into your skin as they fight. You're not proud of doing this and know there are better ways to cope with your frustration. A good friend sits down with you at school and notices the scratches on your thigh. Role-play them asking, "What's happening?" as they point to your thigh. Step up and have this difficult conversation with your friend. Share what's happening and why. Ask for their help.

See if they have more positive ways to deal with your sadness and frustration.

(Role-play; a pair – you and your friend)



Assertive role-play card 15

Denzel is in your home group. He's nice and you've known him for a long time. His home life is tough. Lately you've noticed his shoes slowly falling apart. You decide to bring along a pair of shoes you've hardly used that would be perfect for him. When he's alone, and the time is right, you approach him and offer the shoes you have in your bag. He is so grateful for your kindness but feels too embarrassed to take them. Use your sensitive communication skills to convince him to take them.

(Role-play; a pair – you and Denzel)



Assertive role-play card 16

Ella is sitting alone in the library. She is known for being a bit harsh and unfriendly, but you get on. She's lost in thought holding her head in her hands. You do not know that Ella is feeling scared because her parents have decided to split up. Let's see you approach Ella, with an open-heart and a little courage. Approaching Ella is always a little risky but give it your best attempt to make sure she's okay.

(Role-play; a pair – you and Ella, who is prickly to begin with)



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Assertive role-play card 17

Your teacher is great! But, over the last couple of weeks they've changed and become short-tempered. Today he/she started the day by shouting at the class and being way too snappy for no good reason. You feel something is not right for them. In this role-play you hang back after class and ask if you can help with anything. Then, you find the right moment to ask if they're okay. This is a little risky because some adults might think this is none of your business. Show your courage, confidence and kindness.

(Role-play; a pair – you and the teacher)



Assertive role-play card 18

Your best friend Delphi has not changed much since you met years ago. She's still into the same things; nature, catching and studying insects, learning about animals and spending time alone. Delphi is one of a kind! Your new group of friends often say she's 'weird' and question what you see in her. You value the friendship you have with Delphi. When you're talking to the group about your upcoming birthday party one of them mimics Delphi catching bugs and asks if she's invited too. In this role-play respond to this friend respectfully and directly. Point out what you admire about Delphi; most of all how you respect her individuality.

(Role-play; group of 4 – yourself, the person who put Delphi down and two others who contribute their thoughts)



Assertive role-play card 19

Your parents want you to become a doctor when you finish high school. They are doctors and identify themselves as a family of doctors. Your oldest brother has just started medicine and your younger sister wants to study medicine too. Your interests and strengths are in other things; acting, singing and dancing. In this role-play let us see you respectfully explaining to your parents how your career choices may be different to what they're expecting. You do not have to win or convince them. Simply make this a special moment so they can see the fabulous person you really are. Let your strengths and values shine through during this conversation.

(Role-play; group of 4 – you, your parents and your older brother)



Assertive role-play card 20

You've just given a 4-minute oral presentation to the class. You feel like you nailed it and you're on a high! This role-play begins after the lesson as your teacher gives you feedback. It is not what you expected. He/she admires your enthusiasm, but raises issues such as poor eye contact, reading from your notes too often, reading too fast and some inaccurate content. They have given you a below average grade and you feel disappointed and annoyed. Show how you handle their criticism openly, honestly and positively. Be brave and let them know you're disappointed but ask questions that will help you do better next time.

(Role-play; a pair – you and the teacher)

