



Be Assertive!

Today we are going to think about assertiveness. What does it mean to be **assertive**?

Assertive means to be confident, bold, and self-assured. It is the ability to express our thoughts in a direct, honest, and appropriate way.

Why is it important for someone who has PKU to be assertive? _____

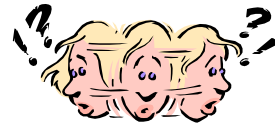
Part of being assertive includes being able to:

- Know what you need
- Ask for what you need
- Ask in a polite, respectful, and confident way

Can you think of a time when you have been assertive? Describe it. _____

When being assertive, it is important to be polite and respectful. If you give respect to others, they are more likely to give you respect in return.

What would you do?



You are going to your Aunt Emma and Uncle Fred's house for Thanksgiving dinner. Many of your cousins and other relatives will be there too. Some of them you haven't seen in several years. Each family is bringing food to contribute to the meal. What will your family bring?

It's time to eat. Your cousin notices you don't have any turkey or stuffing on your plate. He thinks you forgot, so he brings you some. What would you do? (This is a chance to be assertive!) _____

Your cousin asks you, "Why do you eat this way?" Circle the responses below that would be an appropriate reply.

- "I have PKU. It stands for phenylketonuria."
- "Why do you care? It's none of your business."
- "I'm a vegetarian."
- "It's no big deal, it's just how I eat."
- "I'm following a special diet."

Social Situations

The ability to be assertive is very helpful when you are with a group of your friends or family, or in any other social situation with food. When you know what you need to do and plan for it, you have many options!

Here are some options for group food activities. Check the box next to the ones you think would work well for you.

- ☐ Eat "yes" foods or free foods that everyone else is eating. Turn down "no" foods.
- ☐ Eat what the girl sitting next to you is eating.
- ☐ Don't eat.
- ☐ Bring your own food.
- ☐ Eat less phe the rest of the day.
- ☐ Eat small portions of food.
- ☐ Ask questions, such as what ingredients are in a mixed food (like a soup or salad).
- ☐ Be confident with rehearsed responses.
 - When you need to say "no", you can do it respectfully:
 - "No thank you, I don't care for anymore."
 - "No thanks, I'm satisfied with what I have."
 - "No thank you, but I would like a glass of water."
 - When asked why you eat this way? You might say:
 - "I have PKU. I've had it since I was born."
 - "I'm a vegetarian."
 - What are some other responses to remember that might work well?





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