

Being Assertive

ROLE PLAYS:

What would you do if:

1. You are sitting with a friend at lunch and another child comes over and joins you. Suddenly the new child and your friend begin whispering and you are left out.



2. You find out that a classmate you like has not invited you to his/her birthday party?

3. Your friend borrows your _____ and doesn't return it?

4. You tell your friend a secret and find out that he/she has told other kids?

5. Another group member is always interrupting and acting silly when you try to talk?

6. A child you don't know moves ahead of you in the lunch line?

7. On your way to school, a bigger kid tells you to give him your lunch money or he'll beat you up?



8. Your friend never invites you over to play?

9. You and your friend decide to go to the movies. You really want to see the movie in Theater 1, but your friend insists on seeing the movie in Theater 2.

10. You find out that someone you think is your friend is telling stories about you?

Resource: Group Treatment for Sexually Abused Children.

Harborview CBT+ 03