



Name: \_\_\_\_\_

'Can you help me?' Sometimes those words aren't easy to say. When you're feeling overwhelmed, frustrated, tired or worried, or are in a situation you can't handle alone, your best solution may be to ask a trusted adult for help.

Talk with an adult family member and write about a situation where you may need to ask for help. Then practise asking your adult for help using the assertiveness skills listed below.

Some of the things I might need to ask for help with are (tick off and describe all that apply):

Schoolwork—describe: \_\_\_\_\_

Problems with a sibling, friend or classmate—describe: \_\_\_\_\_

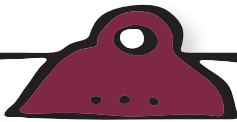
Household chores—describe: \_\_\_\_\_

Other—describe: \_\_\_\_\_

Select one or more of the situations you described above.  
What could you say to a trusted adult to ask for help?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now practise saying the statement above to your adult.  
Remember to use your assertiveness skills!



**Assertiveness Skills**

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

This homework assignment was completed on \_\_\_\_\_ | \_\_\_\_\_

(DATE) (ADULT SIGNATURE)