



Name: _____

It can be scary speaking up or talking to someone you don't know. But with a little practise, it gets easier.

With an adult family member, practise asking for help assertively. Pretend your adult is a store clerk. You need to ask for help finding your favourite cereal. First write down what you plan to say, and practise saying it with your adult. Then go to a real store and practise asking a real store clerk for help finding cereal or any other item you might need. Remember to use your assertiveness skills!

The words I would say to assertively ask a store clerk for help finding my favourite cereal:

Now pretend your adult is the store clerk, and ask. Your adult will tick off the assertiveness skills in the boxes below as you use them.



Assertiveness Skills	Yes
Face the person you're talking to	<input type="checkbox"/>
Keep your head up and shoulders back	<input type="checkbox"/>
Use a calm, firm voice	<input type="checkbox"/>
Use respectful words	<input type="checkbox"/>

How did you do? If all the skills were not ticked off, try it again!

The words I would say to assertively ask a store clerk for help finding _____:

Now go to a real store with your adult. Have your adult observe you while you ask a clerk for help. Remember to use your assertiveness skills! Afterwards, with your adult, go through the checklist below and tick off all the skills you used.



Assertiveness Skills	Yes
Face the person you're talking to	<input type="checkbox"/>
Keep your head up and shoulders back	<input type="checkbox"/>
Use a calm, firm voice	<input type="checkbox"/>
Use respectful words	<input type="checkbox"/>

How did you do? If all the skills were not ticked off, try it again!

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)