

# Foundation Year, Unit 1

## Lesson 5: Being Assertive

Home Link



### What Is My Child Learning?

Your child is learning how to ask assertively for help from an adult when he or she is stuck and doesn't know what to do.

### Why Is This Important?

When there is something children don't understand, being assertive helps them continue to learn rather than being stuck.

**Ask your child: What can you do when you are stuck and don't know what to do?** *Second Step* answer: **First try really hard by myself to work it out. Then ask another student for help. If I still can't work it out, ask a teacher or another adult for help.**

**Can you show me how it looks and sounds to ask for help assertively?**  
(See the poster on the right.)

### Be Assertive

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

### Practise at Home

Notice when your child is getting frustrated with a difficult or new task, such as tying shoelaces or reading a book. Give your child enough time to try to figure it out alone before reminding him or her to ask you for help. For example:

**I see that you are starting to feel frustrated about trying to read that page. If you would like some help, you can say: 'Excuse me. Can you please help me read these words?'** Wait and let your child ask you assertively for help. Make sure that you give him or her the needed help soon after being asked.

### Activity

Ask your child these questions and write his or her responses in the spaces below.

**When is a time that you need help at home or at school?** Help your child think of an example.

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**What could you say to ask for help assertively?** Help your child decide what to say. Then ask your child to practise saying it to you.

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(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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