

## ASSERTIVE RIGHTS

Include these *rights* in your everyday thinking and gain self-respect, as well as respect from others.

I have the right to...

1. \_\_\_ say "No."
2. \_\_\_ be competent and proud of my accomplishments.
3. \_\_\_ feel and express anger.
4. \_\_\_ be treated as a capable human being.
5. \_\_\_ make mistakes and be responsible for them.
6. \_\_\_ change a situation.
7. \_\_\_ say "I don't know, I don't agree, and I don't understand."
8. \_\_\_ be treated with respect.
9. \_\_\_ express my needs, opinions, thoughts, ideas, and feelings.
10. \_\_\_ judge my own behavior and be responsible for it.
11. \_\_\_ take pride in my body and define attractiveness in my own terms.
12. \_\_\_ have a support system.
13. \_\_\_ be myself and have a separate identity.
14. \_\_\_ structure my own time priorities.
15. \_\_\_ request help and receive information from others.
16. \_\_\_ ask and not assume.
17. \_\_\_ have privacy.
18. \_\_\_ say "I'm not willing to accept that responsibility."
19. \_\_\_ be imperfect.
20. \_\_\_ grow, learn, change, and to value my age and experience.
21. \_\_\_ recognize MY needs as important.
22. \_\_\_ \_\_\_\_\_
23. \_\_\_ \_\_\_\_\_
24. \_\_\_ \_\_\_\_\_
25. \_\_\_ \_\_\_\_\_

## **ASSERTIVE RIGHTS**

### I. Purpose:

To increase assertive skills by recognizing assertive rights.

### II. General Comments:

Assertive rights are often overlooked. Many people were never taught these *rights*. Recognizing and exercising these assertive rights empower people, offering a sense of control and dignity.

### III. Possible Activities:

#### A. 1. Distribute handouts.

2. Encourage each group member to choose one *right* and explain it to the group, stating why it's important and ways to exercise that *right*.

3. Consider as a follow-up activity, role-playing the "difficult" assertive rights and processing the benefits of exercising these *rights*.

#### B. 1. Distribute handouts.

2. Discuss concept of assertive rights.

3. Instruct each group member to check off those *rights* that are difficult for him/her to accept and live by.

4. Encourage each group member to stand and read aloud those statements he/she has checked, beginning with "I, \_\_\_\_\_, have the *right* to \_\_\_\_\_."

5. Ask each group member to conclude with one goal.

6. Encourage applause for efforts after each member shares.

7. Process benefits of this activity.