

Role Playing Assertive Behavior

It helps to practice a new skill before you have to really use it. Pair up with another student and take turns acting out the situations below. Remember to include the nonverbal (facial expressions, posture, body language) as well as the words you'd say in the situation you are acting out.

1. A salesman is trying to sell you an encyclopedia that you don't want.
2. Another student wants to copy the homework you did last night for his/her own assignment.
3. You are at work and your boss has given you instructions to do something that you don't understand.
4. You want to go to the movies, but the theater is not accessible and you use a wheelchair.
5. You want to give a staff person who works with you positive feedback about something they've done.
6. You want to tell your parents that you want to be included in your IEP planning meeting.
7. A stranger you encounter while waiting for a plane has just said something rude about your disability.
8. You want to start working with teachers, staff, and family to plan what your life will be like when you get out of school.
9. You want to manage your own money but need assistance with coming up with a budget.
10. You want to attend the next city council meeting but need information before the meeting so that you understand the topic that's going to be discussed.
11. You want to vote in the next election but need assistance understanding the issues and how to cast your vote.
12. You are upset because the paratransit bus was late picking you up and you missed a job interview.
13. You want to ask your boss at work for more responsibility.

ASSERTIVE BEHAVIOR CHECKLIST

Directions: Write an X in the box next to the skill you see your partner demonstrating.

Role Player's Name: _____

Did the player:

1. Face the other person?	
2. Look the other person in the eyes?	
3. Use good voice tone?	
4. Use good facial expression?	
5. Use good body posture?	
6. Use good listening skills?	
7. Speak clearly and distinctly in whatever way he/she can?	
8. Treat the other person with courtesy and basic respect?	
9. Ask for what he or she wants?	
10. State reasons?	
11. Say thanks or ask for a different solution?	
12. Say thanks or ask for time to think it over?	

What did the player do really well?

What can the player do better next time?