

Make It Happen

Speak Up

Select an Asserting Yourself scenario and identify the person who is either promoting a healthy behavior or trying to maintain it. Or use a situation from your own experience in which you were feeling pressure to engage in behavior that went against your values. Using the questions below, analyze the situation and write a response using the steps for Asserting Yourself. If you are using your own experience, provide a short description of the situation.

Scenario:

- Step 1. Which character are you? What is the problem?

- Step 2. What is a possible way to show understanding?

- Step 3. What change could be asked for?

- Step 4. What solutions or options could you suggest?

- Step 5. Make a statement of appreciation.

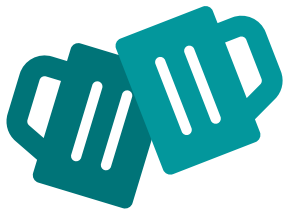
- Step 6. What could you say if you don't get your need met?

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Asserting Yourself Scenarios

1. Devon likes to work out and eats a good variety of foods. Chris gets his lunch of chips and ice cream from the vending machines and spends most of his time wired to video games. Chris has put on some serious pounds and doesn't have the energy to do anything. Devon feels like his friendship with Chris is going nowhere. Devon wants Chris to go to the gym with him.



2. It's Friday night. Rosie, Kivi, Jack, and Zoey are hanging out at Rosie's house. Kivi suggests that the evening would be a lot less boring with a drinking game. Jack and Zoey are up for it and start opening beers, but Rosie isn't sure. The last time she played one, she got sick and swore that she would never do it again. Jack and Zoey tell her not to be such a slouch, and Kivi puts his arms around her and promises that he'll watch out for her. And what's wrong with getting a little drunk? It could be fun.

3. Phool and Skate Gyrl go to different schools in the same city. They've never met face to face—only talked online in this chat room.

Phool: Hi, Skate Gyrl. Long time, no see. How are ya?

Skate Gyrl: Bombed out in Bio. Parents grounded me from computer until I "show more effort." What's up with you?

Phool: Got tickets for Saving Jane concert next week. Front stage. Hard to get these. You wanna go?

Skate Gyrl: For real?

Phool: For real.

Skate Gyrl: Not sure. I don't really know you.

Phool: What? We talk all the time. I feel like you get me.

Skate Gyrl: I'm flattered.

Phool: Getting together is a good way to get to know me better.

Skate Gyrl: I love Saving Jane. Can I bring a friend?

Phool: Only have two tickets.

Skate Gyrl: Can you get another?

Phool: Sold out. Look, I'll meet you at the concert and if it doesn't feel right, you can take off. No questions asked.



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