

Self awareness (3)

Defending your developed identity by being assertive

Storm braining

1

As a teen do you sometimes feel ignored, timid, inferior, fearful, inadequate, low in esteem and confidence when in the presence of people like peers, siblings, parents, relatives, neighbours, church mates among others?

2

Do you find it difficult to express your opinions, feelings, thoughts for fear of being hated, rejected or isolated by others?

3

Do you find it difficult to say ‘No’ for fear of offending others or spending all your time and energy to meet people request or demands at the expense of you urgent and important tasks?

“Then you are a victim of lack of assertiveness”

What is assertiveness?

Assertiveness is simply standing up for your rights while at the same time respecting the rights of others. Standing up for yourself mean knowing who you are, what you stand for and being true to yourself

Who are you?

What do you stand for in life?

(Reflect back on the topic on developing your identity)

Some teenagers have difficulty standing up for themselves. They may feel shy, intimidated or are passive and lack self – confidence. To be successful in life teenagers should learn to voice their opinions and stand for themselves tactfully but firmly without infringing upon the rights of others. Assertiveness is a proactive and positive way of expressing personal needs, opinions and feelings with the aim advocating for fair treatment by all people in our day to day interactions. (parents, siblings, teachers, friends, leaders, relatives)

Importance of being assertive as a teenager

- a) You are less likely to be a victim of bullying. Bullies easily pick on the teenagers who appears to be in self – esteem, weak willed and passive.
- b) You become a better communicator.
- c) You are less likely to act aggressively toward others.
- d) You become more confident.
- e) You are less stressed in life.
- f) You become more responsible in life.
- g) You are able to resist negative peer pressure.

Learn to “SAY NO”

Some teens suffer in life because they have difficulty refusing requests or demands from others perceived as important, seniors or friends. These teens might slowly begin to build resentment as the time and energy is all taken up by others.

Learning how to decline a request can be difficult. Putting others first, is being too nice and compliant. Failure to say NO eventually makes teen to feel taken advantage of.

Build self - confidence

There is nothing liberating in the life of a teenagers like learning how to control their own lives. This makes them feel secure and better about themselves

Assertiveness helps in goal achievement

When teenagers are not bogged down handling other people’s request and tasks or living in paralyzing fear of bullying, they are

better able to set and reach goals and have more time to work on what is important to them as individuals.

Learn better communication styles

Assertive teenagers work hard to learn better communication skills both **verbal** and **non verbal**. When communication improves teenagers find themselves giving compliments, asking questions, receiving explanations and are able to speak to others about their feelings, opinions and aspirations..

ASSERTIVE COMMUNICATION

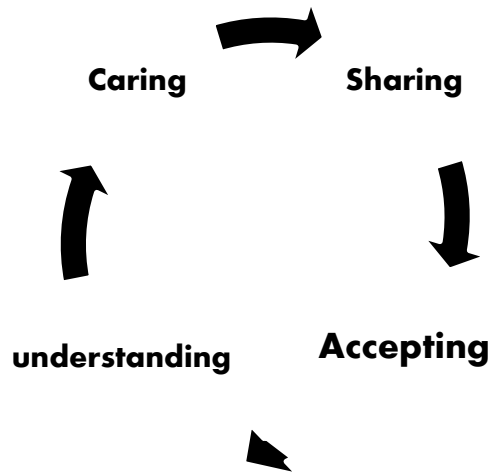
Assertive communication is built on mutual respect. It involves communicating without hurting the other person. Being assertive demonstrates self- respect and willingness to stand up for personal rights and interests by expressing personal thoughts and feelings respectfully. Assertiveness demonstrates being sensitive to the rights of others and willingness to work constructively to reach a mutually agreeable outcome. Sometimes assertiveness is confused with aggressiveness.

Assertive communication is both verbal and non verbal. The following tips can help you communicate assertively

1. Always learn to say no and offer an explanation where necessary.
2. When communicating learn to use pleasant, firm, clear and audible voice.

3. Always learn to validate the other person’s feelings and issues.
4. In communication learn to respect other person’s opinion and be objective not subjective.
5. Learn to use confident, positive body language such as smiling, eye contact, relaxed and upright posture.
6. Always keep your voice down and soft
7. Always Speak slowly

Qualities of a good friend



Personal resolutions

“Success is no accident. It is hard work, perseverance, learning, studying and almost of all, love of what you are doing or leaning to do”

“I think self - awareness is probably the most important thing toward being a champion”

Thank you

Stephen Kamore

(Counseling Psychologist)

