

Building Self-Assertive Skills – The Art of Saying No

Tuesday, 19 May 2015, 12:00 – 1:30 pm,
Clementi Primary School



A lot of people especially children just don't like the idea of having to tell people they can't do something. Or they feel obligated when a classmate asks a favour, or feel pressured when teacher asks them to get the homework done by tomorrow.

GUEST SPEAKER:

Caroline David, a graduate with Masters in Guidance and Counselling, is a counseling practitioner with experience in counselling students, couples and substance abusers. She has been actively conducting workshops and talks for students and parents in schools and preschools. She has also conducted talks for organizations such as Thomson Medical, Natsteel and HDB etc.

We can help our children learn how to say no without ever saying the word. Content of parenting talk includes:

- What is assertiveness?
- What are some of the unhealthy coping styles?
- What are differences between aggressiveness versus assertiveness?
- Assertiveness Skills Quiz
- What are some of the assertiveness skills?
- Practical tips to help our children build assertiveness skills?

These issues and questions will be discussed in this informative & interactive workshop.

For inquiries about this talk, please contact: the FMS Coordinator – Mrs. Catherine Banton by:

1. SMS to 97625186

2. Email to fms_clementiprimary@yahoo.com

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Why Be Assertive?

- **Allows you to have healthy relationships**
- **Builds solid self-esteem**
- **Prevents bullying**
- **reduces stress and anger**
- **Resists negative peer-pressure**

Characteristics of Assertive Child

- **Resist unreasonable demands**
- **Refuse to tolerate aggression**
- **Stand up against unfair treatment**
- **Accept logical disagreement**
- **Suggest solutions to conflicts**

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USE C. A. L. M.

- **C – Stay Cool**
- **A – Assert Yourself**
- **L – Look the person in the eye**
- **M – Mean It**

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A learning experience and a
journey of self-discovery at the
same time



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Lively Group Discussion



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