



Implementation activities

School Health 9-12 Grades

Unit 9-12.4.7 *Integral Human Development: Growth, Sexual Health, and Responsibility*

Topic: Protective Factors

Name: _____

Date: _____ Home room: _____

Activity #1

Instruction: Complete the exercises.

1. Define assertive communication.

2. List three characteristics of assertive communication.

3. Imagine that a friend constantly criticizes you. Using the skills of Assertive communication, write down what you would say to him.
