



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.

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2. List three characteristics of assertive communication.

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

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## Activity # 2

**Instruction:** Complete the exercise.

Explain how the influence of peers, the media, and digital platforms can have positive and negative effects on adolescent development. You should consider things like self-esteem, identity, social skills, and academic performance in your assessment.

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