

Brave Talk

(Also known as Straight Talk or Assertiveness)

Being Strong without putting others down

Being Gentle, but firm

Disagree with Respect

Teach others about how to treat you

No put downs or attitude

Brave talk helps others take your words seriously. It includes:

Eye Contact

Look the other person in the eye.

Facial Expression

Let them know you are serious. You can say a lot without saying a word.

Stand Tall

Act as if you feel strong and brave even if you don't. The more you show you it, the more you will feel it.

Tone of Voice

Use a strong, firm tone of voice ("Me" voice).

"I" Statements

Take responsibility for how others make you feel.

"I feel uncomfortable in this situation."

"I don't like it when you talk to me like that."

Say what you want the other person to do

"I don't want to be put in the middle of this."

"Please stop. I don't like it when you do that."

"I want to talk this out."

"Let's find a solution."

When brave talk isn't enough, you can:

Ask someone you trust for help (a very **brave** thing to do.)

Use clever comebacks (Like, "whatever" when someone calls you a name.)

Hang out with other friends or find something else to do.

If all else fails, let it go and move on!