

## Resource 3 (Activity 3)

# Different Types Of Behaviour

### Passive – “You’re OK, I’m not OK”

Someone who acts in a passive way disregards their feelings to avoid conflict. They prefer to “keep the peace” at their own expense. This type of behaviour can lead to a build up of negative feelings inside including bitterness and being resentful.



### Aggressive – “I’m OK – you’re not OK”

Someone who acts in an aggressive way disregards the feelings of others. They seek to resolve issues through conflict. Examples of aggressive behaviour include put-downs, arguments and physical force.



### Assertive – “I’m OK, you’re OK”

Someone who acts in an assertive way considers their feelings and the feelings of others. They are confident in expressing their feelings and their needs. Assertive behaviour seeks to find the best solution.



### Passive Aggressive

Someone who appears to be passive but underneath their passive image, there is a level of aggression which means they will say they will do something but have no intention of doing so.



### Some Examples:

What types of responses are being shown in the examples below?

Situation	Response
You arrive late at school for the second time in a week. You get a detention.	“I hate this school, it’s like a prison camp.”
A neighbour wrongly accuses you of breaking a window.	“I’m sorry your window was broken. You must have got the wrong person - I was with my parents all morning.”
You buy a new top in your favourite shop. It starts to rip after two weeks and the shop assistant tells you that you cannot have a refund.	“Ok, no problem - it doesn’t matter.”

## Resource 4 (Activity 3)

# What Will You Do?

1. Your parents don't approve of your friend because she has dyed her hair blue. They don't want you to hang around with her anymore. You don't think anything has changed about her, except her hair colour!
2. You want to be included in a particular group in school. The group always seems to be having a good time but have never included you before. Today, one girl asks you to join with them to annoy a substitute teacher. They are going to change seats, pass notes and make signs behind the teacher's back. You remember how the last substitute teacher had left the room crying and how sorry you felt about it. The group keeps urging you to join them.
3. John has always wanted to be an actor but his family does not want him to go to drama school. His parents are embarrassed that their son wants to be an actor. He is very good with his hands and they want him to learn a trade so that he will have a secure job. What should he do?
4. At a party last weekend, a group of people from school were passing around a joint. Your friend smoked and you were surprised because you didn't know s/he had tried it. S/he passed it to you and you thought "I don't really want to try it - I'll make a fool of myself." You take a puff, don't inhale, and quickly passed it on, but you really don't want to be in that position again. What will you do?
5. Your parents split up a few years ago and you spend every other weekend with your dad. You miss him a lot and really look forward to seeing him. Recently, he had a baby son with his new partner and you feel like you're in the way when you go to his place. When you tried to talk to him about it he said that he works hard all week and the weekend is the only time he gets to spend with his new baby and that you are being selfish.
6. You work part-time job in a local supermarket. You were told that the allocation of shifts changes weekly, so that no one has to do the more unpopular Friday and Saturday evening shifts all the time. However, you've been given these shifts every week since you started. You didn't want to complain at the start, but now you feel fed up and think that you are being taken advantage of. When you talk to your supervisor, all she says is 'leave if you didn't like it', but you really need the money.

## Resource 5 (Activity 3)

# Standing Your Ground

Ways of avoiding things you don't want to do.

Ignore the request  
or suggestion

Change  
the subject

Make an  
excuse

Laugh at  
the idea

Challenge

Suggest a  
"better idea"

Say "no thank you"  
assertively

What works for you?

---

---

---

---

---