
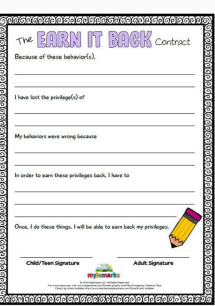


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Being Assertive

Assertive communication means standing up for yourself and sharing how you feel in a respectful manner. Place a check next to the examples of assertive communication.

Share why you think each example is or isn't a good example of someone being assertive!

- Cody asks, "Wyatt, can you please stop throwing the ball at me?"
- Diane pushes Ryan because he called her a bad name.
- Cheyenne says, "No, I don't like it when you do that. Please, stop."
- Chris calls his "classmate" because he's mad at him.
- Ian is mad at Hector for making fun of him, but he doesn't say anything to him.
- Tom is angry at his brother, so he sneaks in his room and breaks his toy.
- Francis doesn't let William play his game because he's mad at her.
- Carol says, "I need you to please stop calling me names behind my back."
- Joann tells Brenda that she's the "worst friend in the world!"
- Paul puts Eva to the side and asks her to be nice to him.
- Sally is mad at Asher, so she counts to 10 before expressing her feelings.
- Darnell says, "I'm tired of you picking on me. It hurts my feelings."
- Brent tells Josh, "I'm giving you 10 seconds to run before I hit you!"

Social Skills Checklist

Which skills do you think you need to improve? Place a check mark next to the sentence that is true for you.

- I have a hard time understanding how people are thinking or feeling.
- I don't work well with other people.
- I can't keep friends for a long time.
- I get easily distracted when I'm spoken to.
- I avoid talking to people because I don't know what to say.
- People usually don't laugh at my jokes.
- I can be a sore winner or loser sometimes.
- I give into peer pressure pretty easily.
- I yell and scream, insult people, or throw things whenever I get mad.
- I don't understand other people's facial expressions and body language.
- People often tell me that I need to *act my age*.
- I say inappropriate things sometimes.
- I can't keep a conversation going because I don't know what to say.
- I rarely say "please", "thank you", or "excuse me".
- I invade people's personal space sometimes.
- I don't know how to make friends.
- I've been told before that I have poor manners.
- I get nervous and anxious when I'm around other people.
- I don't tell other people how I feel when I'm upset with them.
- I have a hard time controlling the volume of my voice.

What are some things you can do to start improving your social skills?

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Passive aggressive examples in speech:

- *"I'm just saying..."*
"You should really consider taking this job seriously... I'm just saying..."
- *"I'm just curious..."*
"So, where were you last night?... I'm just curious..."
- *"No offence, but..."*
"No offence, but that shirt doesn't really go with these pants..."
- *"I don't know if you've noticed, but..."*
"I don't know if you've noticed, but we've been waiting for over an hour!"
- *"I sure wish someone would..."*
"I sure wish someone would tell that person to stop smoking inside!"
- *"It's okay, I'll take care of it..."*
"Oh! somebody take the dog for a walk? It's okay, I'll take care of it!"
- *"Don't you just love it..."*
"Don't you just love it when you get home and there's nothing to eat?"
- *"Some people..."*
"Some people actually work for a living..."
- *"Am I the only one who..."*
"Am I the only one who thinks that this film was stupid???"

Anger Triggers

An anger trigger is something that happens to make you feel irritated, frustrated, or mad. Go through this list and, on a scale of 1-10, identify how angry each of the triggers makes you feel.

| | | | | | | | | | | |
|------|---|------------|---|-------|---|---|---|---|---|---------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| CALM | | FRUSTRATED | | ANGRY | | | | | | FURIOUS |

- When an adult yells at me or scolds me
- I get grounded or lose my privileges
- I get a bad grade on a test or assignment
- I get in trouble for something I didn't do
- My parents make a big deal out of nothing
- Someone breaks their promise to me
- My friends talk about me behind my back
- Other people talk about me behind my back
- People touch my things without permission
- People go into my room without permission
- I lose at a sport or competition
- My parents argue with each other
- I feel disrespected by an adult
- Other people make decisions for me
- I'm left out by my family or friend group
- My electronics stop working
- People invade my personal space
- People talk to me like I'm a kid
- I get criticized for something I did
- I'm bullied or picked on
- People steal from me
- When I don't feel listened to or understood
- When I'm not good enough at something
- I'm not invited to an event
- I get physically injured
- I lose while playing a video game
- Certain rules that my parents have for me
- I get betrayed by someone close to me
- People tell me what to do
- I'm lied to
- My family members' behaviors or habits
- I'm treated unfairly
- I'm forced to do something I don't want to
- Other people have what I want
- I have too much work to do
- Someone talks about my family member
- People are rude, inconsiderate, or disrespectful
- Someone puts their hands on me
- Things don't go as I planned
- I get embarrassed publicly
- I'm not a priority to friends or family members
- Someone takes advantage of me

What are some other things that make you feel angry?

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Build skills needed to help prevent bullying and safely intervene if someone is in trouble. Build an understanding about how a bystander's behavior can impact bullying. By learning how to take action, they can make a difference not only in someone else's life—but they can help create a safer environment for themselves. Here are ways to find printable worksheets for kids. Parenting Blogs and Websites: Visiting parenting blogs and websites offers you a variety of opportunities for finding free printable worksheets for kids. Click below or scroll down for all the turnkey materials needed for this program. Then create the necessary materials to put your plan into action. (2010). In addition to offering printable coloring pages, many of these sites present educational printables for free as well. Step 1: During another class period, distribute the work sheet "Bullying: Who's Involved?" (PDF) Have students read the descriptions of bullying participants, and then identify the participants in the illustration. Many of these blogs and websites cater to children of all ages, but some of them are age specific. One by one, discuss each of the roles. (The student may be afraid to ask for help. They may feel relieved that they are not being bullied. You can also refine your search so it includes age, grade level and subject. Addiction Behavior: (2012) "Illuminating the relationship between bullying and substance use among middle and high school youth." CDC, National Health Education Standards, cdc.gov/healthyschools/sher/standards/index.htm. The lesson, activities, and work sheets in this program will help students develop awareness and skills to help them respond to situations that involve bullying. Bullying may inflict harm or distress on the targeted youth.) Who is impacted when a child or youth is bullied? Radloff, et al. Materials: PART 1 | Poster Discussion Share with students the flyer-size poster or full-size poster and use it to engage students in a conversation about bullying. Find more advice for educators and students about bullying prevention strategies that have been shown to be effective at stopbullying.gov/what-you-can-do/index.html. (The first step in making a difference is recognizing that a peer is in trouble.) Step 2: Hand out the work sheet "Bullying: Recognizing a Problem" (PDF) and have students complete Part 1 of the work sheet in pairs. Ask the players to explain how they would feel in that situation. Brainstorm ways you could help make your school a safer place. If your school doesn't have this information, search other school websites to see what they're offering. Use a Traditional Search Engine when you input phrases such as "free printable worksheets" or something similar into the search bar of your favorite search engine, you'll receive results directing you to a broad range of sites offering printables for free. Refer to the step on the poster front "Take Notice" and discuss why it is important to be able to recognize bullying. Bullying creates an unsafe environment for students. However, students can help prevent bullying by standing up and speaking out. You'll find worksheets that include ABC letters to print for free, as well as math sheets to print out. Youth risk behavior surveillance—United States MMWR: (2016) "Youth Risk Behavior Surveillance—United States, 2015." 2Musu-Gillette, et al., National Center for Education Statistics: (2017) "Indicators of School Crime and Safety: 2016." 3Espelage, et al. Some ideas might include signing a specific pledge that says you won't bully other students or creating posters to inform students about the potential health risks of bullying. (Those affected by bullying include the child or youth who is bullied, who may feel isolated and sad; the child or youth who bullies others, who may or may not feel bad about his or her behavior; and the bystanders, who may be scared that they will also become victims.)

Why is it important to stand up and speak up if you witness a peer who is in trouble? They might also provide free coloring pages, puzzles and other fun activities. Don't Forget Your SchoolSometimes a school website will post a blog or feature articles on their library's website that includes free printable worksheets. If you refine your search to include a specific type of worksheet (like learning to print the alphabet), your search results will produce free worksheets specifically for that task. Discuss the anti-bullying policies in place at your school. But it's not only those who are bullied who may experience these consequences. Step 3: When everyone is finished, summarize the key points that students discussed about how you can tell if a peer is being bullied or is struggling in other ways, such as with drugs and alcohol. 6CCSS, corestandards.org Many of these sites are age specific, but there are others that offer materials for children of all ages. Build awareness about the negative consequences of bullying, including an increased risk of drug and alcohol use. These sites also include printables for learning about science, history and reading comprehension.Check Out Book- or Publishing-Related WebsitesBook- and publishing-related websites will often offer free printable worksheets. Sixteen percent reported having been cyberbullied.1 In a recent report, 25 percent of public middle schools reported that student bullying occurred at least once a week.2 Studies have shown that all children and youths involved in bullying—from those who are bullied to those doing the bullying and to bystanders—have a higher risk of mental health problems and addiction.3 These negative effects can last into adulthood.4 RESOURCES: SUBJECT NATIONAL HEALTH EDUCATION STANDARDS5 COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS6 Health/Life Skills Standard 1: Comprehend concepts related to health promotion and disease. RI.1 Cite textual evidence English Language Arts Standard 2: Analyze the influence of family, peers, culture, and other factors on health behaviors. Bystanding students might not want to get involved in such harmful situations.) PART 2 | Activity - Bullying: Recognizing a Problem This activity presents students with scenarios that may or may not involve bullying, and helps them to pay attention to details or clues that may indicate a peer is in trouble. It may be a clue that the behavior is not bullying if, for example, it is a one-time joke and the student who is at the center is good friends with the other students.) Step 4: Have students complete Part 2 of the work sheet individually and then discuss their answers. (Bullying is a form of violence among two or more children/youths that can include physical attacks or emotional or social abuse, comprising verbal or written actions such as name-calling, teasing, threats, spreading rumors, or excluding someone from a group. Discuss the "Think About It" questions as a class. RI.2 Determine central ideas and details Standards 4 & 5: Use interpersonal communication skills and decision-making skills to enhance health and avoid or reduce health risks. LESSON & ACTIVITIES Time Required: Two 30-minute class periods plus additional time for optional reinforcement/wrap-up activity. Bullying is unwanted aggressive behavior that involves an observed or perceived imbalance of power and occurs repeatedly over time. Finding free printable worksheets is an excellent way for teachers and homeschooling parents to save on their budgets. Each link leads you to a page featuring general background about the subject, whether it be countries like Germany and Japan, or states like Alaska and Nevada. The questions and possible answers below may help to guide your discussion. Download This Poster/Teaching Guide (PDF) TOOL BOX COMPONENTS: Poster • Lesson and Activity • Work Sheets TOPICS: Bullying • Drug and Alcohol Use KEY OBJECTIVES: Learn how to recognize situations that involve bullying. While studies support the importance of preventing aggressive behavior among middle and high school students, they've also shown that children and youths who are bullied may suffer long-term negative consequences—including depression, anxiety, and an increased risk for alcohol and drug use. PART 3 | Activity—Bullying: Who's Involved? (Students may feel sad or scared. Bullying in North American Schools, 2nd Edition. Be sure you're looking in the right place when you're searching for free-to-print worksheets to ensure they're age appropriate.Look at Educational Websites and BlogsThere are a broad range of educational websites and blogs catering to teachers, homeschooling parents and parents who want to help their children with advancement or overcoming struggles. Ask for volunteers to act out the individual roles in the scenario. You can revisit these after completing the activities: What is bullying? PART 4 | Activity—Reinforcement/Wrap-Up As a class, discuss how bullying creates an unsafe environment in your school. You may help protect him or her from long-term consequences, including depression, anxiety, and addiction.) Why do you think many students do not take action when they see another student being bullied? Use these printables as study aids, pop quizzes or launching points for discussions about the various states and countries included here. Add these free printable geography worksheets to your homeschool day to reinforce geography skills and for variety and fun. The National Institute on Drug Abuse (NIDA) and the Centers for Disease Control and Prevention (CDC) have joined Scholastic to develop this grades 6—12 health, life skills, and language arts poster/teaching guide that aims to prevent bullying as well as lower associated risks, such as substance abuse. Ask students if they think bullying is always obvious. Together, make a list of safe actions that students can take when they see a peer in trouble (for example: alert a teacher; reach out to the student in trouble by inviting him or her to join a lunch table or an activity after school; avoid sharing harmful messages, etc.). Could bullying sometimes look like friendly pranks? You could help make your environment safer. For example, if they print workbooks or other types of reading materials for educators, homeschooling parents or parents who participate in summer bridge learning programs, you could find award certificates to print and other free worksheets to support your curriculum on these websites. KEY STATISTICS: In a recent national survey, one in five high school students reported having been bullied at school in the prior 12 months. Those who do the bullying—as well as bystanders—can also be affected. Make a list of the adults at your school with whom students can talk, such as a guidance counselor. The resources also include crossword puzzles, vocabulary worksheets, alphabet-ordering activities and explanations of geographical terms—such as isthmus, island and archipelago. 1Centers for Disease Control and Prevention. According to the U.S. Department of Education, bullying can violate a student's civil rights—or the legal right to freedom and equality. Step 1: As a class, quickly brainstorm a few situations that involve bullying. Highlight the importance of reaching out to a trusted adult. (Answers are listed on the work sheet.) Step 2: Next, study the scenario in the illustration.

NEW YORK TIMES BESTSELLER • Obi-Wan Kenobi and Anakin Skywalker must stem the tide of the raging Clone Wars and forge a new bond as Jedi Knights in a high-stakes adventure set just after the events of Star Wars: Attack of the Clones. The Clone Wars have begun. Battle lines are being drawn throughout the galaxy. With every world that joins the Separatists, the peace guarded by ...

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