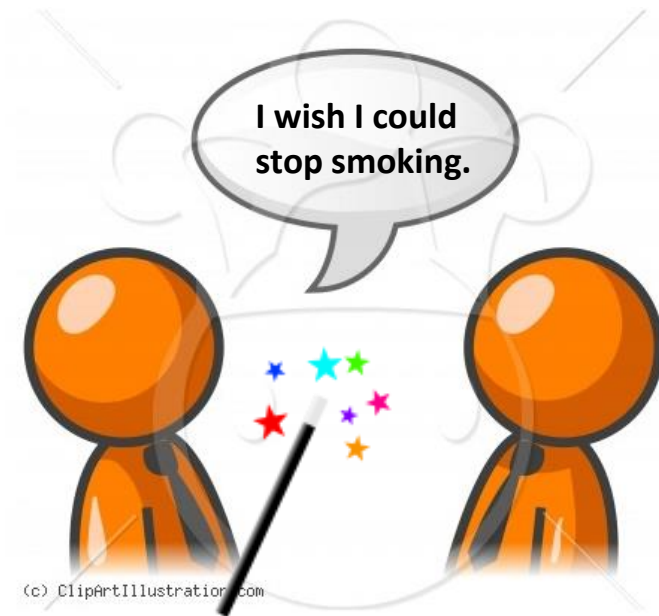


Ice Breakers Expressing Own Feelings

- A magic wand is handed around and each person that holds the magic wand introduces themselves and say which wish of theirs they wish would come true.



Ice Breaker Encouraging Movement

- HASH - Every body stands in a circle and counts from one to twenty. While you count 1-5 everyone shows happy emotions with voice and body. When you count from 6-10 everyone is angry, 11-15 everyone is sad and 16-20 every one is happy again.
- Jumping Jellybean - Every person has a space in the room and the facilitator is the caller. Each type of bean has a particular action :

Broad bean: Stretch as broad as you can

Green bean: Reach as tall as you can

Butter bean: Melt onto the floor

Sugar bean: Blow kisses to others

Frozen bean: Freeze like a statue

Jelly bean: Wobble your whole body

French bean: Say in French "ooh la, la"

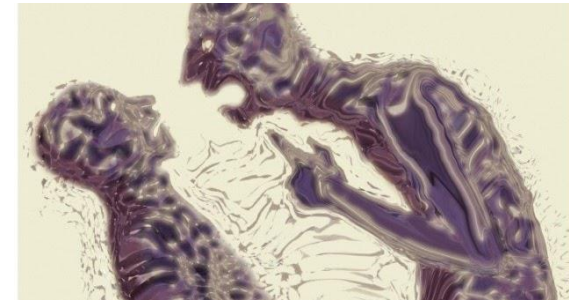
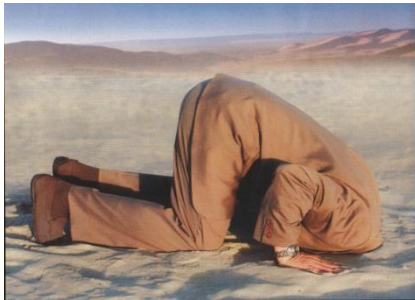
Jumping bean: Jump on the spot

Speckled bean: draw dots onto others by tickling them



What is “Assertiveness”?

- “Zithembayo”
- Communication in which you express yourself in a honest manner in interpersonal situations, while also respecting the rights of the other.
- PASSIVE <-> ASSERTIVE <-> AGGRESSIVE





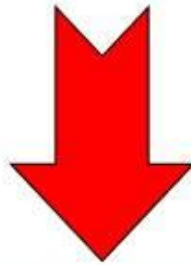
- Passive – you focus on the others need and ignore your own wishes
- Aggressive – you force your own ideas on others
- Assertive – you express your own thoughts and feelings and respect those of others

assertiveness

placating
one-down
defeated

assertive

bullying
self-centred
insensitive



***door
mat***



***sledge
hammer***

authentic
courageous
fair

*you're OK
I'm not OK*

*I'm OK
you're OK*

*I'm OK
you're not OK*

What Situations require Assertiveness?



- You are hesitant to express your thoughts.
- You think that you have been unfairly criticised.
- You go to a gathering and avoid people as you don't know what to say.
- You find it difficult to deal with authority figures.
- You want to stop drinking but your friends invite you to the tavern.
- Sometimes assertiveness means you are prepared to accept someone else is different.

What is Assertiveness Training?

- Improves your interpersonal skills.
- Helps to develop self-respect.
- It can be treatment for depression, anxiety, trauma, stress, substance use disorder.
- You think and feel through a situation before it occurs to prepare yourself how do deal with it and then act in an assertive way and cope.



Learning through Role Play

- Divide into groups of two (daggas, tics, mandraxes, heroins, tobaccos, alcohols)
- Each group gets two scenarios and can choose one (how do they agree on one – being assertive?)
- Each group role plays their scenario
- Other groups comment on which character is passive/aggressive /assertive.
- How can they be more assertive?
- Repeat role play, now being assertive.



Observe and Comment



- Verbal and non-verbal communication
- Verbal – what is said
 - Requests, feelings, opinions, limits
- Non-verbal – how is it said
 - eye-contact, posture, tone, volume, listening

- Your friend always asks to borrow a few Rands, but he never repays you. You begin to get annoyed that he does this all the time.
- You are driving in a taxi and notice the driver is drunk.



- A friend borrowed your phone and returned it damaged. You want them to pay for the repairs.
- You have decided to stop drinking alcohol. On Friday you really feel like a drink but you are trying to resist the craving. Your friend comes to your house with some beers.



- Your relationship with your friend is becoming intimate. You want to make sure that you practice safer sex.
- You had a serious problem with tic. Previously you have been arrested by the police for stealing a cell phone from your father. After a recovery program at a local NGO you have now been without drugs for one month. You want to go out on Friday night with some friends from the soccer team. You know they might drink a few beers. Your father says that he will not allow you to go.



- You are at a party and someone new is being teased to do something they clearly don't want to do. The teasing begins to escalate into name-calling and you want it to stop.
- You are a community volunteer and are doing a home visit. The mother is in tears as her son has a drug problem and stole her money. The son comes in and shouts at his mother saying she should not muddle in his affairs.



- You are being interviewed for a job and the director asks, "Why should I hire you when you have no experience?"
- You used to party every weekend until you got drunk. Some evenings you did not even come home. Your mother used to scold you heavily. With help from a local NGO you have been able to stop drinking. Now you notice that your mother drinks too much over weekends. You find her in her room with a friend finishing a 2 litre of wine.

