informed plus+

PLAYING SAFE

PERSONAL SAFETY

ASSERTIVENESS & COMMUNICATION

Aims & Objectives

Young people to practice and develop their skills in communicating assertively in a conflict situation.

Part 1
Ask young people in the classroom to work alone and to think about a situation that ended without the outcome that they wanted. Be aware that you may get very mixed levels of responses from young people and depending on their experiences you may find that there are varying degrees of risk.

Part 2
When all young people have achieved this, ask them to write down why the outcome that they wanted was not achieved.

Part 3
Ask the class to feedback their thoughts – but only if they are comfortable. You might find someone has written down something personal and as such may not want to share.

Part 4
After feedback explain to young people that it is really important to be clear and 'to the point' without being threatening when in a conflict situation. Young people should then work in pairs and should be encouraged to role-play to the following script in order to gain a better outcome from their chosen situation.

'NAME' – Always address someone by their name.
'I FEEL' – Ask young people to name the emotion that they are experiencing. It is really important NOT to blame the other person.
'BECAUSE' – Ask young people to identify the reason they feel the way that they do without assigning blame.
'IN FUTURE I WOULD LIKE' – Ask young people to state what they want should this situation occur again.

For example; "Tom, I feel a little bit angry and annoyed because I had made plans for some friends to come over and play FIFA and it hasn't been returned. I'm happy to lend you my things but in future I would like it if you gave me them back when you said you would".

Following the role-play, spend 10 minutes unpicking the dialogue with young people and asking them to identify how they felt as the speaker and the listener. You may want to explore how it felt not being blamed, how it felt being addressed by their name and what they thought about the other persons feelings.