

RM 6–HR: Assertive Communication Tips*

The following tips are meant to highlight how to communicate assertively and effectively in a relationship.

Be Direct

- Say what you want.
- Say what you mean; don't hint.
- Look like you mean it (body language).
- Sound like you mean it (voice).

Use "I" Statements

- I feel . . . ; I don't want . . .
- Take responsibility for your wants and feelings.

Be Firm

- Stand up for yourself.
- Keep repeating your message.
- You don't *have* to give a reason.
- Stick to your decision.

Be Fair

- Be clear about what you do or do not want.
- Stay calm.
- Don't attack or put down (e.g., the trouble with you is . . .).
- Give alternatives (e.g., instead of, how about if . . .).

* Source: PPM 1998; rev. Sexuality Education Resource Centre Manitoba, 2008. Adapted with permission.

