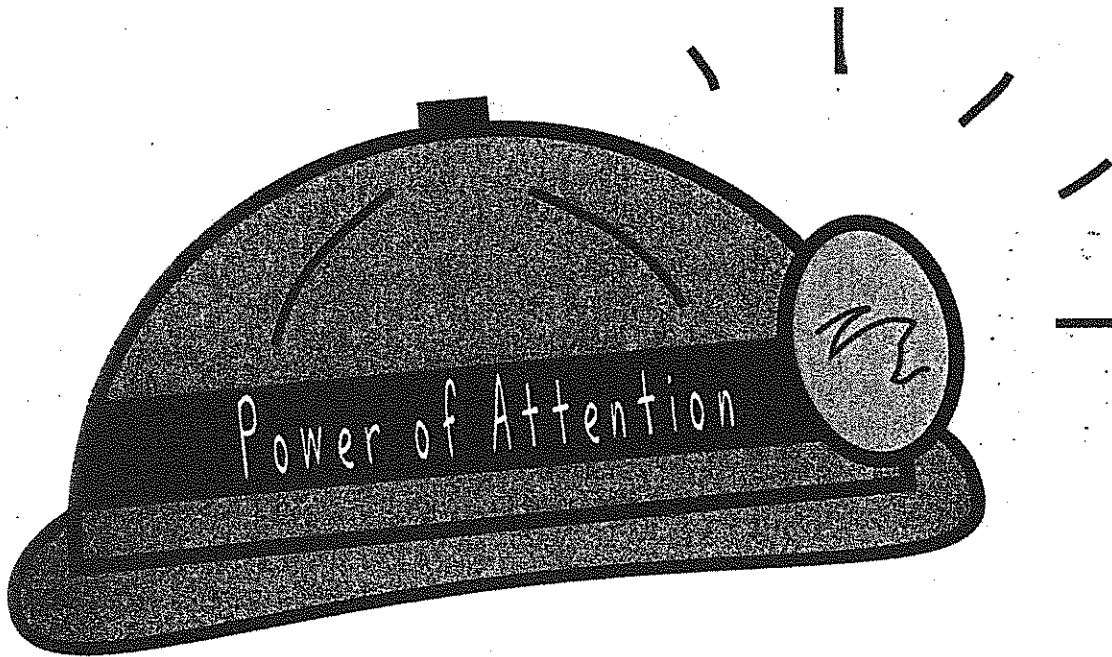


Assertiveness

**Saying, "No!" and being heard:
Setting limits respectfully**



**What you focus on,
you get more of**

Assertiveness

Saying "No" and Being Heard: Setting Limits Respectfully

Power: The Power of Attention
What you focus on, you get more of

Value: Respect

Purpose: Set limits and expectations

Brain Smart: Telling children what to do aligns their physiology with their willpower

Emotional Development: Healthy boundaries are essential to healthy relationships

Assertiveness Principles:

1. What you focus on, you get more of.
2. When you are upset, you are always focused on what you don't want.
3. Passivity invites aggression, aggression begets aggression and assertiveness dissipates aggression.
4. Children must learn that they teach others how to treat them. They must learn to assertively deal with the intrusive behaviors of others.