

So what d'you think about smoking?



Check out your attitude towards smoking. Tick what you think, either yes or no, then talk with somebody else about what you think, see if they agree or disagree with you, and why?

Smoking can be good for you.

YES

NO

Smoking can help you make friends.

YES

NO

Smoking should be banned.

YES

NO

Smoking stops you getting stressed.

YES

NO

Loads of people smoke – it must be OK.

YES

NO

Anybody should be able to buy cigarettes.

YES

NO

Smoking when pregnant is OK.

YES

NO

Smoking makes you smell.

YES

NO

- How do you feel (a) about yourself smoking and (b) other people smoking?
- What other information do you need?
- How will you find out?



So how assertive are you?



What do we mean by assertive? It means things like:
 I know what I mean and I ask for what I want,
 I recognise and respect the rights and needs
 of other people, I am prepared to compromise,
 I am responsible for my actions.

**READ EACH OF THE FOLLOWING SENTENCES
 AND TICK WHERE YOU'RE AT**

**CONFIDENT OKAY NOT VERY
 CONFIDENT**

Introducing yourself to a group of strangers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asking someone for some advice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making your own choices about using drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Telling someone what you like about them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asking someone to lend you some money	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking to your parents about a problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking to anyone about a problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting turned down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asking for help about a drug issue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

● So, how did you do? ● In each situation, what could you do to be more confident? ● How assertive do you feel? ● What other situations have you been in where you wish you had been assertive?

