

Grade 8– Resistance and Assertiveness Skills Assessment Scale

<p>Healthy Living Specific Expectation:</p> <ul style="list-style-type: none"> • applies living skills (e. g., decision-making, problem-solving and refusal skills) to respond to matters related to sexuality 	<p>Instructions</p> <p>Use the Assessment scale at the bottom of the page to assess the student’s demonstration of assertiveness and resistance skills.</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p><i>Model: What do assertiveness skills look like?</i></p> <p>Body Language</p> <ul style="list-style-type: none"> • stands up straight • maintains eye contact • pleasant but firm facial expression <p>Verbal Language</p> <ul style="list-style-type: none"> • strong confident voice – does not mumble • does not use negative or abusive comments <p>Emotion</p> <ul style="list-style-type: none"> • remains calm • does not hesitate to express feelings • stands up for what he/she believes is right • uses a positive, honest and direct approach when stating his/her beliefs 	<p><i>Model: What do resistance skills look like?</i></p> <p>State Your Objections</p> <ul style="list-style-type: none"> • states position immediately (e. g., no thanks, I don’t want to) <p>Plays Down the Pressure</p> <ul style="list-style-type: none"> • takes the offensive by putting the pressure on the other person • change the focus • delay the decision <p>Outline the Consequences</p> <ul style="list-style-type: none"> • “We’ll get into trouble” • “I’ll get pregnant” <p>Alternative Actions</p> <ul style="list-style-type: none"> • provides an alternative action <p>Leave them</p> <ul style="list-style-type: none"> • if you are getting no where with your friend
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	Level 1	Level 2	Level 3	Level 4
Assertiveness Skills	• applies few of the required skills	• applies some of the required skills	• applies most of the required skills	• applies all or almost all of the required skills
Resistance Skills	• applies few of the required skills	• applies some of the required skills	• applies most of the required skills	• applies all or almost all of the required skills

