

## College and Career Competency Sequence Pre-K through 12 – Assertiveness

These targets describe how students demonstrate progressive interpersonal skills at each grade cluster. It should not be assumed that students at higher grades have the prerequisite competence from lower grades. By the end of each grade cluster, each student:

### Assertiveness

Pre-K	K-2	3-5	6-8	9-12
<ul style="list-style-type: none"> <li>• Demonstrates how to ask for help.</li> <li>• Expresses basic feelings and preferences.</li> <li>• Demonstrates refusal skills and the ability to say, “No.”</li> </ul>	<ul style="list-style-type: none"> <li>• Communicates a need or a want to peers and adults in a respectful manner.</li> <li>• Asks for help from an adult for a challenging situation.</li> <li>• Demonstrates respectful refusal skills.</li> <li>• Makes assertive statements paired with body language and tone of voice that match the statement.</li> </ul>	<ul style="list-style-type: none"> <li>• Describes assertive, passive, and aggressive behaviors.</li> <li>• Demonstrates verbal and non-verbal communication for assertiveness.</li> <li>• Defines assertiveness (the ability to express wants, needs, and thoughts while respecting what others want, need, and think) and provides examples.</li> <li>• Demonstrates assertive statements during collaborative learning.</li> <li>• Explains how assertiveness is important for current and future life.</li> <li>• Demonstrates the ability to express feelings in a respectful manner.</li> </ul>	<ul style="list-style-type: none"> <li>• Rephrases aggressive and passive statements into assertive statements (with prompts).</li> <li>• Determines personal boundaries and generates assertive statements to apply if boundaries are compromised.</li> <li>• Demonstrates the ability to respond to different points of view respectfully.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates verbal and written assertive statements.</li> <li>• Predicts how increased assertiveness would affect outcomes of various situations.</li> <li>• Explains how assertiveness relates to conflict management and empathy.</li> <li>• Demonstrates assertiveness in various situations (e.g., teaming, social interactions, seeking support).</li> </ul>