

Types of Communication

Assertive:

- stand up for their rights without denying other people theirs
- respect themselves as well as others
- ask for what they want in a straightforward manner
- express their emotions (both positive and negative) in a healthy way

Passive:

- give in and say yes even when they don't want to
- put the feelings and concerns of others before their own
- keep their concerns to themselves

Aggressive:

- think of themselves first, at the expense of others
- dominate others
- use threats or force

Passive-aggressive:

- may seem to agree to avoid confrontation (passive) but will manipulate others to say things for them, or say things behind someone's back (aggressive)

Communication Scenario 1

Corey wants to spend a quiet evening watching movies alone with Tendai. Tendai has decided to spend the evening out with friends. Corey is very disappointed at the thought of spending this Saturday evening without Tendai.

How could Corey express their disappointment to Tendai using:

Passive communication?

Aggressive communication?

Assertive communication?

Communication Scenario 2

Campbell has had a crush on Tebogo for several weeks. Campbell finds Tebogo very good looking as well as friendly and sociable. Every day they travel to school together. Campbell would like to ask Tebogo out.

How could Campbell do this using:

Passive communication?

Aggressive communication?

Assertive communication?

Communication Scenario 3

Morgan and Rowan are dating. Morgan decides to wear shorts on a hot summer day. Rowan thinks they are too short and tells Morgan to change.

How could Morgan respond to Rowan using:

Passive communication?

Aggressive communication?

Assertive communication?

Communication Scenario 4

River and Amari have been going out for several months. They are talking about the day they plan to have sex for the first time. River explains that they will have to use a condom. Amari insists that there is no danger of any sexually transmitted infections, so they don't need to.

How could River react to this using:

Passive communication?

Aggressive communication?

Assertive communication?

Communication Scenario 5

Spencer and Jaden have been going out for a few weeks. Jaden is constantly trying to kiss and touch Spencer in public. Spencer feels uncomfortable and wants Jaden to stop.

How might Spencer talk to Jaden about their feelings using:

Passive communication?

Aggressive communication?

Assertive communication?