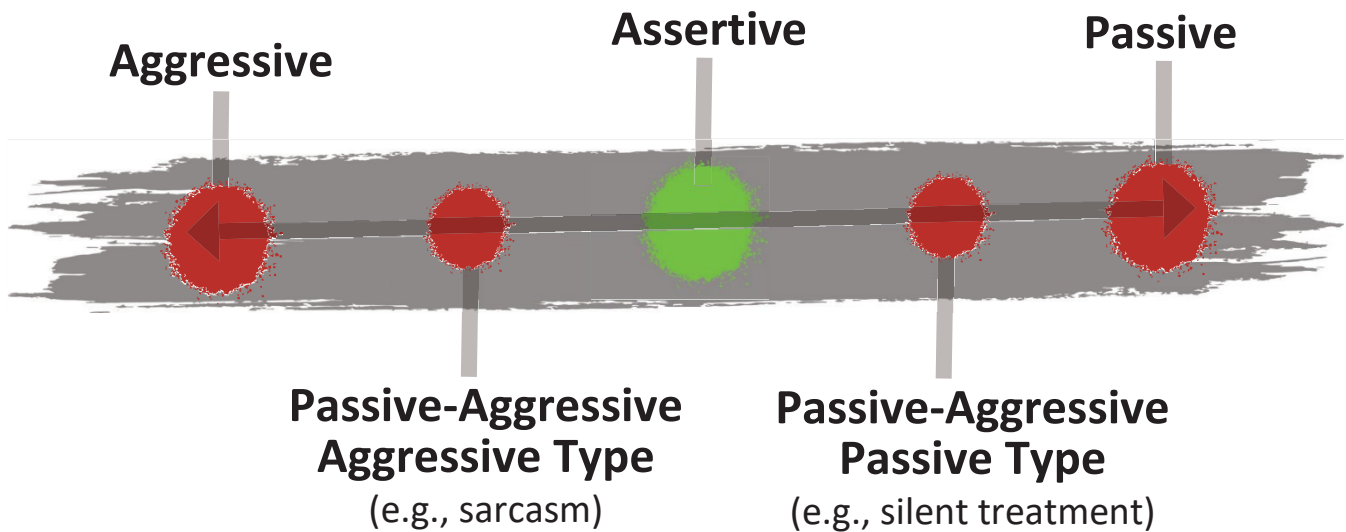




Communication Continuum

Take the Quiz to Learn Where You Stand

Learning how to assertively set clear and consistent boundaries with others regarding high-risk behavior empowers young people to keep their brain healthy and successfully navigate social pressure. Use the Communication Continuum and the Communication Style Quiz below to learn the characteristics of each style and practice assertiveness.



<p>IF someone cuts in line in front of you in the cafeteria, THEN you...</p> <ul style="list-style-type: none">a) Allow them to cut without saying anything.b) Dominate and push them back in line.c) Firmly say, 'Hey, no cutting,' and move back.d) Say, 'Whatever, cheater!' and allow it.	<p>IF someone tells you that you cannot play in a team game, THEN you...</p> <ul style="list-style-type: none">a) Say softly, 'That sucks.' Sit on the sidelines.b) Threaten bodily harm for keeping you out.c) Declare 'Not okay to exclude! I want to play.'d) Say, 'I didn't want to play anyway,' and leave.
<p>IF someone gossips about you behind your back, THEN you...</p> <ul style="list-style-type: none">a) Say nothing. You have no control over them.b) Criticize them right back, in front of others.c) Confront the person. Ask them not to do that.d) Spread rumors about them.	<p>IF someone makes a date with you, then flakes out at the last minute, THEN you...</p> <ul style="list-style-type: none">a) Think, 'It's okay,' and let it go.b) Call them an A#@! in a text message.c) Say, 'It hurts when you flake. Keep your word.'d) The next time they contact you, ghost them.

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<p>IF someone makes fun of someone else in front of you, THEN you...</p> <p>a) Look away and leave. b) Bully them back. They deserve it. c) Firmly say, 'That's not okay. Cut it out!' d) Mutter to yourself and give a weird smile.</p>	<p>IF someone tells you that they feel sad and depressed, THEN you...</p> <p>a) Say, 'I'm sorry,' and look down. b) Everyone feels that way. Get over it! c) Share that sometimes, you do, too. Offer help. d) Say, 'What are you, EMO or something?'</p>
<p>IF someone tries to pressure you into drinking alcohol, THEN you...</p> <p>a) Drink the alcohol, even if uncomfortable. b) Call them an 'idiot' for hurting their brain. c) Tell them, 'No, I don't drink.' d) Ignore them or tell a joke.</p>	<p>IF someone offers you their stimulant medication so that you can do better on a test, THEN you...</p> <p>a) Tell them 'Thanks' and take it. b) Yell and threaten them. c) Say, 'That's illegal, and definitely not for me.' d) Ask, 'What are you a drug dealer?'</p>
<p>IF someone sends you a nude and asks for one back, THEN you...</p> <p>a) Ask your friend to snap a shot and send it. b) Send them a picture of your middle finger. c) Stick up for your rights and ask for respect. d) Tell everyone at school what they did.</p>	<p>IF someone pressures you into doing something sexual with them, THEN you...</p> <p>a) Do it, even though you really do not want to. b) Ask them what is wrong with them. c) Say, 'It's not okay to pressure me into that.' d) Get angry, but do not tell them why.</p>

If you or your child chose more (a) answers, this is a **PASSIVE** style that may lead to:

- Not knowing your rights
- Lack of ability to assert your rights
- Failure to express feelings or needs
- Apologizing too much
- Anxious, depressed, or resentful feelings

If you or your child chose more (b) answers, this is an **AGGRESSIVE** style that may lead to:

- Dominating and humiliating others
- Others feeling attacked by you
- Violating other's boundaries
- Getting what you want no matter what
- Alienating and causing others to fear you

If you or your child chose more (c) answers, this is an **ASSERTIVE** style that may lead to:

- Clearly expressing needs and wants
- Knowing and standing up for rights
- Feeling competent and in control
- Good self-care and positive mental state
- Increased respect and connection to others

If you or your child chose more (d) answers, this is a **PASSIVE-AGGRESSIVE** style that may lead to:

- Difficulty acknowledging own feelings
- Denial of problems
- Using self-sabotage to get even
- Becoming resentful and frustrated
- Alienating and causing others to mistrust