HOW TO COMMUNICATE ASSERTIVELY:

BEING ASSERTIVE: “I don’t like being texted this much.”
Tell people what you are thinking and feeling, and listen to what they have to say!
Everyone has a chance to express themselves which can lead to fewer misunderstandings.

COMMUNICATION THAT ISN’T HELPFUL:

BEING PASSIVE: “Whatever you want.”
Not saying what is on your mind, apologizing when it isn’t your fault or agreeing just to please the other person. If you wait for people to read your mind, you may wait forever!

BEING AGGRESSIVE: “It’s my way or it’s not happening.”
Yelling or threatening is abusive behavior and is not okay.

TIPS FOR TEXT+ONLINE COMMUNICATION:

1. Be clear! Use Emojis 😊;) :(, or explain how you are saying something: *smiling* or (sarcasm!)
2. Wait a minute before you post/send. Especially if you’re feeling angry or hurt. Forwarding hurtful images or gossip is considered bullying.
3. Ask the person what they meant if you are upset or unsure about something they sent you. Talk to them on the phone or face to face if possible. Tell them how their message made you feel.
4. You have the right to:
   • not to be pressured to send sexy pics, or have your pics sent to other people
   • not have your passwords stolen or your social media spied on
   • limit how much someone can text or call you

   If you are being harassed online or on your phone, it’s ok to block them, un-friend them, or report them!
SETTING BOUNDARIES!

KNOW YOUR BOUNDARIES
Know what you like/don’t like, what you want/don’t want to do, and what lines you don’t want to cross.

SPEAK UP
Tell your partner what you are cool with doing and what you aren’t. For example: “I like kissing, but I’m not into sex.”

BE CLEAR
Say exactly how you feel, be honest. When you feel weird or unsure, take a break. It’s always okay to stop and think about it.

USE I STATEMENTS
Begin statements with “I” as in “I don’t want to...” or “I feel...” Be clear how you feel without blaming the other person.

DON’T APOLOGIZE
You have the right to say no ANY time! You know what is ok for you, and you never have to apologize for changing your mind or saying ‘no’.

CHECK OUT THESE WEBSITES!

www.thatsnotcool.com
Info about online and text communication. Watch videos, play games, send e-cards, get help!

www.yesmeansyes.com
Info about consent and communicating about sex.

www.texted.ca
Info and games that deal with sexting and online safety.

www.needhelpnow.ca
Info on getting stuff off the internet.

Teen Talk is not a crisis service. If you need to talk, please call the Klinic Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019