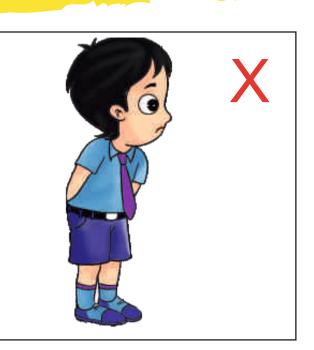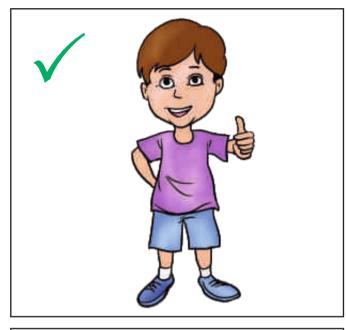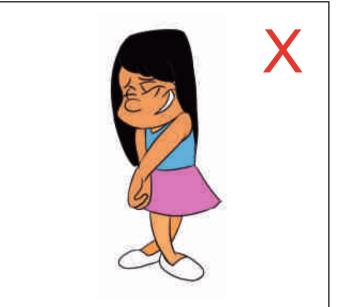# Being Assertive/Confident
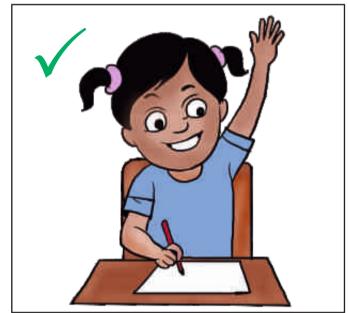
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'**Assertive**' means to express your feelings and views firmly and confidently without insulting the other person or becoming violent.

Being 'confident' means looking sound and sure of what you are saying and doing.
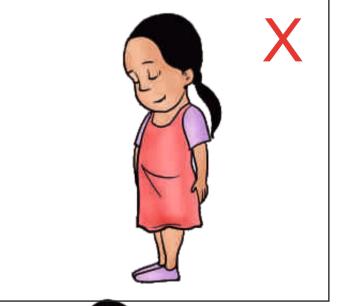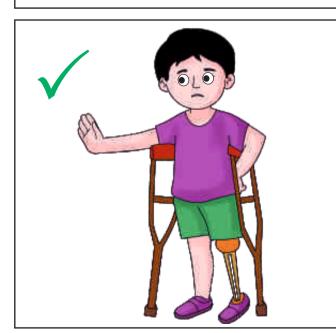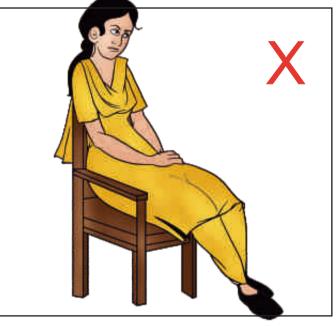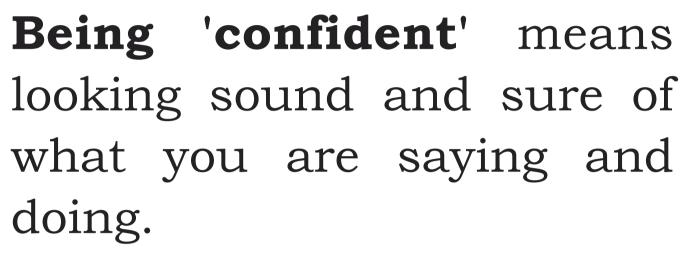
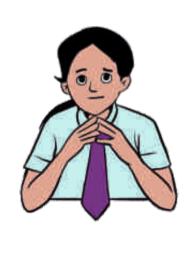**Correct body language** helps us to be safe.

If we speak loudly and firmly, look directly at who we're talking to, and sit/stand straight, there is more chance that people will listen to us and believe us.

If we are confident, there is a lesser chance that we will get into trouble.