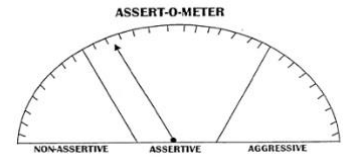


Definition : To express needs/thoughts/feelings in a direct, honest, respectful way; say NO with an explanation to not offend others.

- a. Describe – what you see or problem
- b. Say with ONE word or phrase – “less” is better; avoid lectures;
eg “no, stop, unacceptable, inappropriate, rephrase, etc”
- c. Talk about your feelings – genuine without hurting or attacking
- d. Write a note – use non-verbal body language
- e. Power Phrases – “I”.
It’s an interesting idea BUT
I’m not comfortable with . . .
I can’t do that because (time, money, location, etc)
I wish I could do it your way BUT...
I wish I could help you BUT....



Exercises: Respond with 1-2 assertive statements.

1. A grade 12 male, who plays flute, asks you whether it’s true that “Mr. R is gay.”
2. As you leave the staff parking lot, your female trombone player is crying across the street. You pull over and ask how she’s doing. She asks for a ride home.
3. When you approach a male grade 9 student smoking on school grounds in the “no smoking” area, he throws the cigarette on the ground and says, “fuck you.”
4. When you show the grade 8 band class their school concert outfit for the upcoming performance, one student yells, "I'd rather kill myself than wear that."
5. Two teenage girls are always putting their arms around you before & after class.
6. A male student mimics an asian accent and says, “don’t forget to practice the clarinet,” to another student who turns and punches him.
7. Today, the Principal will give you a school tour of your new band position. You arrive early to the music room and see a woman putting music scores into a large box. She says she was the previous band teacher and will take the scores she purchased to her next school.
8. Your senior choir performs at the Remembrance Day assembly today at the catholic school. They were instructed to wear all black. During the 7:30 AM choir rehearsal, 2 female soloists show up with high heels and black fishnet stockings.
9. A parent, the assistant superintendent, wishes to understand how you gave his son, the letter grade of B. They give him private drum lessons and believe he deserves an A.
10. On Tuesday, the PE coach approaches you about the Friday @ 1pm Whistler Band trip. He needs 8 band students for the Fri @ 3pm track meet. He asks if you can you leave later or Saturday morning?
11. You just returned from a 4-day Banff band trip with 100 students. All students have been picked up except one, who is a special needs student. The student phones her parents but no

- answer. After waiting 45 minutes, her parents phone asking whether you could drive her home. It is 11 PM.
12. An ADHD student received a C in Intermediate band. The counsellor suggests the student quit band next term and take drama for a better grade. But he is the tuba player.
 13. On a Disneyland band trip, you hear that some students burnt a hole in the hotel room carpet. Nobody confesses but the hotel manager demands the damage be paid.
 14. As you enter the music room, several students are running around the room. Music stands and scores are all over the floor and 2 boys are wrestling near the drum kit.
 15. A grade 10 male baritone player has not paid for his \$3500 European Band Trip. As you remind him again about payment, he says his parents are out of town but asks if he could pay you back if you pre-pay for him.
 16. You are a TC chaperone for a Banff band trip. During 11PM room check, you discover a room with the 4 male students and 2 adult women not part of the band trip.
 17. You're on the bus with 50 band students who perform in 40 minutes at a music festival. Suddenly, a fight breaks out at the back of the bus. As you intervene, one boy tells you he is a 'fag' and punches him in the face.
 18. It's 4 p.m. and you are rehearsing your Senior Choir with 65 students for their performance in a music festival tomorrow @8:30 a.m. But the janitor interrupts and asks you to end your class because he needs to leave early and wants to clean your room now.
 19. During the school strike, your SA asks you to conduct the 55-student choir performance at the Gateway Theatre on Sunday. He cannot be there but can be reached at home.
 20. It's parent-teacher conference day @5-9 pm. At 9:30 a.m., the Principal asks you if you could arrange a band performance for 30 minutes @6pm in the cafeteria.
 21. Yesterday after school, it took you and 3 students 45 minutes to set-up the equipment in the auditorium for the Jazz Band performance @1pm assembly today. However, the teacher in charge of the assembly informs you it has been moved to the gym. She wants you to move all the equipment to the gym. It is 10 a.m. and you teach until 12:30 pm.
 22. Even after reminders, students in your band room continue to block the doorway with instrument cases. A parent has now complained to the principal that she tripped over an instrument case and broke her toe.
 23. A female student knocks on your classroom door and says their TOC next door needs help because there is a fight in their classroom. But you are in the middle of vocal jazz recording session with professionals in your classroom.
 24. As you wait for your @2pm interview, another teacher applicant arrives and asks if you could switch times as she is feeling ill. Her interview time is @2:45PM.
 25. During a staff meeting, the head of the department informs you the music budget has been cut in half due to the influx of drama students.

26. It's the first week of school and you have not rehearsed any bands but the principal asks you to conduct a 10 min band performance at the school assembly tomorrow.
27. It is 3 p.m. and you are drained and catching a cold. You have taught all day without a lunch break. But the drama teacher asks you to set up the sound system for his class tomorrow morning as he needs to leave. It will probably take 30 minutes.
28. During the 1st week of practicum, your school advisor asks you to teach all her classes tomorrow while she attends meetings.
29. It is the 4th week of practicum and your school advisor has not given you any written feedback. Each time you ask him for a time to talk, he says he's really busy.
30. Gr. 9's throw paper airplanes while you give instructions. When you ask them to stop, one airplane hits you.
31. During Grade 8 band, you notice a student taking your wallet out of your knapsack that you forgot to lock away. Quickly, he takes your money and puts your wallet back in your knapsack.
32. The spring choir concert is next week but you just received a phone call about your aunt that passed away. Her funeral will be during the spring concert.
33. You overhear your SA complaining about a teenager she calls a "Korean princess." You are offended since you are Korean.
34. You are asked to conduct the choir at a school board committee meeting @6pm. But you find out your SA will not be there.
35. Your SA is performing on stage with the Junior Band and you don't have a student list of the intermediate band students that arrive a half hour late. The organizers are upset.