



ASSERTIVENESS RAP

Assertiveness is making the right choice

In any situation where you feel you're being forced.

The small word 'no' is the word to remember

With confidence and manners, it will stick with you forever!

Stand tall, be positive about what you have to say

When someone pressures you or upsets your day!

Say 'No' to the bully and anyone who's cruel

Let the world know that you're no fool!