



Name: _____

“Can you help me?” Sometimes those words aren’t easy to say. When you’re feeling overwhelmed, frustrated, tired, or worried, or are in a situation you can’t handle alone, your best solution may be to ask a trusted adult for help.

Talk with an adult family member and write about a situation where you may need to ask for help. Then practice asking your adult for help using the Assertiveness Skills listed below.

Some of things I might need to ask for help with are (check off and describe all that apply):

Schoolwork—describe: _____

Problems with a sibling, friend, or classmate—describe: _____

Household chores—describe: _____

Other—describe: _____

Select one or more of the situations you described above.
What could you say to a trusted adult to ask for help?

Now practice saying the statement above to your adult.
Remember to use your Assertiveness Skills!



Assertiveness Skills

- Face the person you’re talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

This homework assignment was completed on _____ | _____

(DATE) (ADULT SIGNATURE)