



High School

Home Connection

Being assertive without being Aggressive

Dear _____,

I'm excited to share that your student has been learning about different communication styles in class. We explored the three main styles: Passive, Aggressive, and Assertive. Each style has its benefits and challenges. Passive behavior often avoids conflict but can lead to unmet needs and low self-esteem. Aggressive behavior can achieve short-term goals but may result in isolation and frustration. Assertive behavior, which values both parties, promotes self-worth and improved relationships, although dealing with passive or aggressive communicators can still be challenging.

We focused on using "I" statements to communicate assertively. "I" statements help express thoughts and feelings without blaming others, which can de-escalate defensiveness and foster better communication.

Please discuss this question with your student: Can you give an example of an "I" statement you might use in a difficult situation? How do you think it would help in resolving the issue? This will help reinforce their learning and encourage them to practice assertive communication at home.

Please do not hesitate to reach out with any questions or concerns.

Best,
