

Help teens speak up, set limits and build respectful relationships.



ASSERTIVE COMMUNICATION

Modeling Healthy Boundaries

Assertive communication is about expressing yourself clearly and respectfully. When parents model it, teens learn how to set boundaries, handle conflict and build healthier relationships.

Start practicing today.

1

Know what you want:

Identify your goals and limits.

2

Pause and self-regulate:

Stay calm, even when emotions rise.

3

Use "I" statements:

Share your feelings without blaming.



DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS

For more ways to strengthen your resilience, connect with us at www.armyresilience.army.mil.

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