

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

ASSERTIVENESS (PSYCHOLOGY)

Art of assertiveness, The : practical skills for positive communication (aknz)

Adult; 20 minutes

VHS; 1998

Kinetic Video

VTR/BF 575/.A85/1998

People develop effective communication through understanding different communication styles, identifying their own communication styles, and utilizing powerful communication techniques that can positively impact relationships with friends, family and co-workers. "The Art of Assertiveness" emphasizes these points and more.

Feeling yes, feeling no (ajgt)

Gr. 1-6, Adult; 79 minutes

VHS; 1986

VTR/HV 6626.5/.F44/1986

A sexual assault prevention program for young children and their parents. This program is in two sections. The first section (30 minutes) is for parents, the second (three 15-minute segments) is for children aged 6 to 12.

Gentle art of saying no, The (ajhc)

Gr. 7-Senior 4; 41 minutes, 3 parts

VHS; 1979

Sunburst

VTR/BF575/.A85/G45/1979

Part 1: A person has a right – 13 minutes

Establishes the necessity for assertiveness training, the rationale for its practice, and its goal of increased self-respect.

Part 2: Making it work – 13 minutes

For teenagers: assertiveness with a member of the opposite sex, with a peer group and with adult authority. This part spotlights specific techniques for achieving assertiveness.

Part 3: Handling the hard ones – 13 minutes

Techniques for assertiveness: firmness; clear, non-apologetic statements; control of nonverbal behaviour; knowing whose problem is whose; rejection of guilt; taking the offensive; accepting compromise.

Learning to be assertive : advanced skills (ajiu)

Gr. 7-Senior 4; 21 minutes

VHS; 1988

Canadian Learning

VTR/BF 575/.A85/L43/1988

Shows young people how to turn difficult situations with family members, teachers and friends into positive experiences. Teens learn to negotiate workable compromises so that differences of opinion do not have to lead to arguments.

Learning to be assertive : the basic skills (ajiv)

Gr. 4-Senior 1; 27 minutes
VHS; 1987
Canadian Learning
VTR/BF 575/.A85/L44/1987

A number of situations typical of problems adolescents and teenagers face with peers, siblings and parents are enacted. A new assertive skill is taught, and each situation is then re-enacted showing how to apply it effectively.

Refusal skills (ajzw)

Adult; 20 minutes, includes facilitators guide
VHS; 1993
VTR/RC 564/.R45/1993

Video focuses on how clients can identify potential alcohol or other drug-using situations and use refusal skills to maintain their sobriety.

Refusal skills for healthy living (ajdb)

Gr. 7-Senior 1; 15 minutes
VHS; 1993
Canadian Living
VTR/HQ 799.2/.P44/R44/1993

Learn effective techniques to refuse peer pressure to use drugs, commit crime and engage in sexual activity. Here are practical ways to identify potentially dangerous situations and make positive, safe and healthy decisions.

Responsible assertion (aixq)

Adult; 30 minutes
VHS; 197-
Research Press
VTR/BF 575/.A85/R47/197-

The techniques of developing an assertive attitude are illustrated.

Stand up for yourself : peer pressure and drugs (aizt)

Gr. 7-Senior 4; 15.5 minutes
VHS; 1987
McIntyre Media
VTR/HQ 799.2/.P44/S72/1991

Presents effective techniques for saying no to alcohol, street drugs, cigarettes or any peer pressure. Provides students with the encouragement, motivation and practical skills they need to handle peer pressure effectively.

Turning off : drugs and peer pressure (ajaz)

Gr. 7-Senior 4; 27 minutes
VHS; 1982
VTR/HQ 799.2/.P44/T87/1982

Part 1: Everybody's Doing It
Peer pressure, group behaviour, risk-taking.
Part 2: Standing Up for Yourself
Learning to deal with peer pressure.

Yes, you can say no (ajck)
Gr. 4-6; 20 minutes
VHS; 1985
VTR/BF 575/.A85/Y47/1985

Dramatic educational video showing children modelling protective, assertive behaviour in a number of believable safety situations.