

# 3 Communication Styles for kids



THE  
DALAI LAMA  
CENTER

## Hi, I'm Passive Mouse.

I may talk softly and avoid eye contact. I could struggle to stand up for my rights. I tend to avoid conflicts and disagreements. People may take advantage of me. I have trouble saying "no," and could feel angry and resentful.



## Hello! I'm Assertive Dog.

I feel able to express my needs and thoughts. I'm honest, direct and confident. I often make good eye-contact and can speak with a firm voice. I usually stand up straight and I am great at respecting the opinions of others.

## Aggressive Alligator here!

My words and actions can be hurtful to others. I may try to get my way even if I need to step on other people to get there. I might speak in a loud voice and invade people's spaces. I can be disrespectful and even abusive.

