

St. Cecilia's Public School
Workshop on: Aggressive and Assertive communication
Date: 24.07.25
Class: IX



The session aimed to educate students on the crucial differences between aggressive and assertive communication, highlighting the value of clarity, emotional control, and mutual respect in effective interpersonal interactions. It was designed to help students recognize their own communication styles and develop more assertive and respectful approaches.

The session began with a brief introduction to what communication is and its role in everyday interactions. Students were actively engaged through a picture-based activity where they were asked to respond and express their interpretations, promoting visual thinking and verbal articulation. Their responses were discussed, and observations were shared, creating a meaningful starting point for the session.

The facilitator introduced the HFI Model and the concept of the “Ripple Effect” was explained to the students. The session covered the types of communication – assertive, aggressive, and passive in detail. The speaker then elaborated on how these communication styles function in daily life. Students were encouraged to reflect on their own behavior and gain respect and maintain healthy boundaries. A focused discussion followed on **“Who can be an assertive communicator?”** Key qualities such as emotional control, respectfulness, strong decision-making ability, and clarity of expression were identified as crucial components.

The session concluded with the powerful reminder that the most effective form of learning assertive communication is through regular practice. The presence of Madam Principal added great value to the session, as she emphasized the importance of setting clear goals, gaining and giving respect, and managing emotions effectively. Her inputs reinforced the key messages of the session and inspired students to reflect on their own communication styles. The session was an insightful and interactive experience for the students of Class IX. It provided them with practical tools and perspectives to enhance their communication style, foster self-confidence, and build respectful relationships.