

1075 LOVU SANGAM SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET #1

Strand: Building Healthy Relationships

Sub Strand: Resilience and Proactive behaviour

CLO: Recognizes the evils of threatening behavior and identify ways of asserting oneself in such scenarios.

Topic: WHAT IS THREATENING BEHAVIOUR?

1. **Threatening behaviour** is a behaviour that causes physical or emotional harm to others or threatens to. It can range from verbal abuse to the destruction of a victim's personal property.

WHAT CAUSES THREATENING BEHAVIOURS?

2. Emotional problems are the most common cause of threatening behaviour. Factors that causes or influences threatening behaviour include:
 - Family structure (living with single parents, adopted or at a relative's place)
 - Relationship with others (how you look at or treat others)
 - Work or school environment. (the type of people around you in school and workplaces)
 - Individual characteristics (the way you behave, your manners, values that you instill)
 - Life experiences (children who experience violence tend to get violent)
3. Examples of threatening behaviour are swearing at others, punching others, breaking someone's things, teasing, pulling someone's hair, throwing objects at others, hitting and slapping etc.
4. a.) Has somebody threatened you through his behaviour? Yes / No. (Circle)
b.) Who was the person?

- c.) How did he/she show threatening behaviour?

- d.) Why did he/she show threatening behaviour?

ASSERTING YOURSELF

5. How do you feel when someone takes advantage of you? Can you tell them to stop? Are you able to express how you are feeling about what is happening?
6. **Assertiveness** is a valuable coping tool in dealing with anger. It is being confident and speaking up from time to time when others are violating rights.
7. When people have difficulty asserting themselves, others tend to take advantages. Lack of assertiveness can cause depression.

8. One reason people do not assert themselves is that they think they don't have a right; they believe that their feelings and wants don't count.

ACTIVITY

Study the picture below and answer the questions.



1. What type of behaviour is shown above? _____
2. What can you do to prevent this from happening? _____

3. What is assertiveness? _____

4. Why don't people assert themselves? _____

5. List 3 examples of threatening behaviours?

☺ **THE END. ALL THE BEST.** ☺