

Say It Straight



Say It Straight is an assertiveness communication training in which students learn how to transform disempowering communication behaviors that we use everyday into empowering communication behaviors.

STUDENTS LEARN THROUGH

Role Plays

Guided Imagery

Body Sculptures

Open Dialogue

TARGETED OUTCOMES

Decreases in bullying

Decreases susceptibility to peer pressure

Increases empathy and assertive communication

Reduces alcohol and drug-related school suspensions, juvenile police offenses

QUICK FACTS

Five 1-hour sessions

Groups of 5 - 30 people

Suitable for all age groups

Has been implemented in every setting from marriage retreats to juvenile detention centers