

## How Should You Say No?

As kids, we all know how to say “no.” However, to get along, to please and to gain acceptance, we all learned to say “yes.” Saying “no” firmly, is being assertive. It is an important skill in many situations, and it takes some practice. Expressing “no” allows you to state your feelings in a direct and honest way without hurting the other person’s feelings. It permits you to stand up for your rights, the rights of others and to state your opinions without abusing or taking advantage of others.

Below are some persuasive statements common to dating and social situations. These are often used to draw others into activities or settings that are uncomfortable, unwise or dangerous. In the space provided, create an assertive response to each request.

1. “My parents are gone. I know where they stash the alcohol. Let’s just try it, it will be fun.”

---

2. Your friend texts you, “Lets sneak out so we can hang out at that party.”

---

## How Should You Say No?

As kids, we all know how to say “no.” However, to get along, to please and to gain acceptance, we all learned to say “yes.” Saying “no” firmly, is being assertive. It is an important skill in many situations, and it takes some practice. Expressing “no” allows you to state your feelings in a direct and honest way without hurting the other person’s feelings. It permits you to stand up for your rights, the rights of others and to state your opinions without abusing or taking advantage of others.

Below are some persuasive statements common to dating and social situations. These are often used to draw others into activities or settings that are uncomfortable, unwise or dangerous. In the space provided, create an assertive response to each request.

3. You’ve been talking to this friend online and they want to meet up for the first time. You feel like you can trust them.

---

4. You just started dating someone. While at their house, they say, “Why don’t you just stay at my place tonight?”

---

## How Should You Say No?

As kids, we all know how to say “no.” However, to get along, to please and to gain acceptance, we all learned to say “yes.” Saying “no” firmly, is being assertive. It is an important skill in many situations, and it takes some practice. Expressing “no” allows you to state your feelings in a direct and honest way without hurting the other person’s feelings. It permits you to stand up for your rights, the rights of others and to state your opinions without abusing or taking advantage of others.

Below are some persuasive statements common to dating and social situations. These are often used to draw others into activities or settings that are uncomfortable, unwise or dangerous. In the space provided, create an assertive response to each request.

Your boyfriend/girlfriend says ...

5. “I stole some weed from my brother; let’s take a hit. You know you want to.”

---

6. “You say you love me. Why won’t you prove it?”

---

## How Should You Say No?

As kids, we all know how to say “no.” However, to get along, to please and to gain acceptance, we all learned to say “yes.” Saying “no” firmly, is being assertive. It is an important skill in many situations, and it takes some practice. Expressing “no” allows you to state your feelings in a direct and honest way without hurting the other person’s feelings. It permits you to stand up for your rights, the rights of others and to state your opinions without abusing or taking advantage of others.

Below are some persuasive statements common to dating and social situations. These are often used to draw others into activities or settings that are uncomfortable, unwise or dangerous. In the space provided, create an assertive response to each request.

7. Your boyfriend/girlfriend says, “Send me a sexy picture, if you do I will.”

---

8. Your boyfriend/girlfriend cheated on you and begs you to take them back.

---