

# How Do You Say 'No'?

Saying 'No' can be much harder than saying 'Yes'!

When your friends are asking you to do something that you know is wrong, or something that you don't want to do, it can be really hard to say 'No' to them.

## Practising saying 'No'!

Write down what you would say if your friends or a group of people in your class were asking you to do something that you thought was wrong.

For example, 'No, I don't want to do it!'

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What do you think they would say to you if you said that?

For example, 'Oh come on, it's only a laugh!'

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Do you think you would be able to keep saying 'No' to them?

**Yes or No?** \_\_\_\_\_

Write down all the ways you could say 'No'.

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**Always remember that it takes more confidence to say 'No' than 'Yes'!**

**Make the right choice for you!**

