"How to Say No"
…If someone is crossing boundaries.

If someone is in your personal space, violates your comfort zone, asks you to go somewhere alone with him/her or pressures you to break the rules, what do you do? Sometimes it's not easy to think of what to say to someone who is making you feel uncomfortable. Think of some respectful ways to say, "No."

1. Just say, "No." *say: No thank you, I do not want to, No thanks or sorry I cannot do that.*

2. Give an excuse: *tell them: my mom and dad won't let me; I don't want to get into trouble.*

3. Suggest an alternative: *Let's just shake hands, why don't we go as a group.*

4. Reverse the pressure: *If they say: "you'd do it if you liked me." You say: If you liked me you would not ask me to break rules.*

5. Avoid or leave the situation: *Say: I need to go home; I am late; my parents will be looking for me.*

6. Give a reason: *Say: That's against the rules; I only hug my mom; I'm not allowed to leave here.*

7. Get a second opinion: *Tell them: I have to get permission first.*

8. Delay your decision: *Say: I have to think about it first; I have to ask my mom or dad.*

9. Share your feelings: *Say: This is making me feel uncomfortable; this is scaring me.*

It is important to share how you feel. Sometimes others are not aware of our boundaries and if they are told how we feel they will change their behavior. Sometimes people choose to cross boundaries. If someone won't take no for an answer, or doesn't respect your feelings, get away and tell an adult who will listen.