"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." _____

2. Give an excuse: _____

3. Suggest an alternative: _____

4. Reverse the pressure: _____

5. Avoid or leave the situation: _____

6. Give a reason: _____

7. Get a second opinion: _____

8. Delay your decision: _____

9. Share your feelings: _____

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 <u>will listen.</u>