**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Shape

Description automatically generated*Saying “No” Confidently***

**Directions:** Read the following passage and answer the questions that follow.

“No.”[[1]](#footnote-1) A small, yet powerful, word.

Sometimes saying “no” comes easily. If someone offered you a food you dislike, you may quickly ask for another option. Other times, it can feel as though those two letters are stuck in your throat, like when your friend suggests you leave mean comments on a classmate’s social media post.

There will be times you find yourself in situations that feel unkind, inappropriate, or when you feel unsafe. You know you need to tell your friends “no,” but how do you say “no” *and* preserve[[2]](#footnote-2) your friendship? No matter how scared you might feel in the moment, sticking to your beliefs and saying “no” is courageous[[3]](#footnote-3)! The most important thing to consider is whether the choice you’re making will make you proud when you look back.

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| **Stop and Jot:** Why might someone feel scared to tell their friend, “No?”  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

***Saying “No” Confidently* (Continued)**

**Directions:** Here are some examples of ways to respond to your friends and remove yourself from peer pressure. Put a check mark next to any of the phrases that you might have used in the past or want to remember to use in the future.

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| **Different Ways to Say “No, thanks.” [[4]](#footnote-4)** |
| **Say It.**  Let your friends know you aren’t interested without judging their decision. Try using as few words as possible; it’ll make your message even more powerful.   * “That’s just not my thing.” * “I’m not into it.” * “No, thanks.” |
| **Suggest It.**  Instead of making a questionable choice, suggest a more appropriate activity.   * “I’m going to finish my homework first, then I can go to the movies.” * “Let’s work together instead, we’ll get it done faster.” * “Let’s go to the mall on Friday instead.” |
| **Name It.**  Explain why you’re choosing to do something different in a simple, clear way that is based on facts.   * “I’m working on bringing up my math grade; I want to get this done first.” * “I’d rather figure it out on my own; that feels like cheating.” * “That’s unsafe.” |
| **Walk away.**  If your friends aren’t responding to you, continue to pressure you, or you feel uncomfortable, you may need to walk away and remove yourself from the situation. |

***Saying “No” Confidently* Reflection Questions**

**Directions:** In your neatest handwriting and in complete sentences, answer the following questions:

1. “Can you slip this phone case into your pocket? I don’t have enough money and I *really* need one.” Using a strategy from page 2, script the way you could answer your friend.

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1. After responding to your friend, they call you a “coward” and roll their eyes. Using a different strategy from page 2, script the way you might respond.

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1. When might walking away be the best solution? Explain your thinking.

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**Stamp Your Learning for *Saying “No” Confidently***

**Directions:** Answer the following questions in complete sentences.

1. Why is learning how to say “no” confidently an important life skill?

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1. Why does saying “no” require courage? Explain your thinking.

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1. Based on the suggestions in this article, what advice would you give a younger family member about the importance of saying “no” confidently?

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1. NO. Banner, speech bubble by Foxys Graphic (ID: 1477342544) [↑](#footnote-ref-1)
2. **preserve:** to keep safe from loss [↑](#footnote-ref-2)
3. **courageous:** doing something challenging [↑](#footnote-ref-3)
4. TeensHealth: Peer Pressure by D’Arcy Lyness, PhD <https://kidshealth.org/en/teens/peer-pressure.html?scrlybrkr=4db6822b> Accessed and edited on 1/28/2020. [↑](#footnote-ref-4)