

ACTIVITY 6B

LEARNING TO SAY “NO!” STUDENT HANDOUT

1. SAY “NO” POLITELY

- No way.
- No, I don’t want to do that.
- No, I’m not interested.

2. BE A BROKEN RECORD

- No way.
- No!
- I think I said no, never, no way!
- Not for me!
- What part of “no” don’t you understand?

3. GIVE A COMPLIMENT

- I thought you were smarter than that.
- I have always thought you were fun, but I don’t get this.
- Why do you want to ruin your appearance?

4. STATE THE FACTS

- That stuff is addictive, and I don’t need that.
- I don’t want to have a police record.
- It is really bad for your health.

5. LAUGH IT OFF

- No way! I want to be able to remember what I say and do.
- I think I need all of the brain cells I have.
- No, the weather just isn’t right for it.

6. JUST WALK AWAY (LET YOUR FEET VOTE FOR YOU!)

- Sorry, my friend is waiting. See you around.
- Hold on – I have to go call my mom.
- Nope, I have to go.

7. CHANGE THE SUBJECT

- Is it just me or is it hot in here?
- Hey, let’s go shoot some basketball.
- Have you played that new video game yet?

8. MAKE EXCUSES

- I have to take care of my little brother tonight.
- Nope, my coach says it will hurt my game.
- No, my folks check out my breath when I come home.

HOW DO I REFUSE? HANDOUT

What is the situation?	How did it make me feel?	What did I do or how did I react?	Is this positive, negative, or neutral?	What else could I have done? Is it positive, negative, or neutral?	How would it make me feel?
Example: Friends want to celebrate with a beer.	Scared.	Said “no” by laughing it off.	Positive.	Taken a drink. Negative.	Scared, afraid of getting caught.