

FIVE WAYS TO SAY "NO"

Name _____

Date _____ Period _____

Sometimes you don't WANT to say "no." But when you do and the saying is hard, it can help to have done some advance thinking about how to do it. Here's some ammunition for those times when you really want to say, "Forget it!"

1. With humor. When John asks to copy the book report you wrote last year, try saying something like, "With my handwriting? I don't think your eyes are that good."
2. Without lecturing or pushing your values on others. Instead of saying, "I won't do it and you shouldn't do it either" try "Sorry. It's not for me."
3. With calm, rational reasoning. If you have a personal reason for not wanting to take part in an activity, don't be afraid to say no. For example, "I'll never make the track team if I start smoking now," is a way to say "No" that your peers should understand and respect.
4. Without making a big deal of your refusal. A simple "no thanks" or "not this time" is much more effective than going on forever and drawing attention to yourself and your decision. People tend to accept a simple statement.
5. With a better idea. When your friends start to set up a practical joke that's bound to make the new kid squirm, try changing the subject. Tell a joke. Suggest an afternoon movie. Sometimes you can come up with the pressure -- or at least with a good suggestion -- that moves your peers in a new direction. In other words, peer pressure is a two-way street. Your friends are your peers -- but you're their peer, too.

