

NICE WAY TO SAY NO!

Refusal Skills



Refusal skills empower you to say "NO" to unwanted sexual advances and other risky behaviors such as drugs and alcohol.

Say "NO"--Make eye contact and say NO in a firm, assertive tone. Don't say maybe or later--that will only delay the inevitable and they will continue to pressure you. Use verbal and non-verbal methods.

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Use "I" Messages--Using I messages is a nice way to take ownership of your decisions and not put the other person down or hurt their feelings. Examples: "I am not comfortable with that." or "I do not kiss on first dates."

I

Change--Change something about the situation. Change the location, change the subject, change what you are doing, change the person you are talking to, change your friends, etc.

C

Exit--Leave!! Sometimes you have to actual remove yourself from the situation. Always have an exit plan. Let your parents know who you are with and where you will be. Stick to the plan!

E