

# Assertiveness

## Ways to say “no”

## Example

Simple “no”

“No” or “No thanks”

Tell it like it is/give a reason

“No thanks, I don’t smoke”.

Be understanding

“I can tell it’s important to you but my answer is no”.

Broken record

Repeat “no” over and over in various ways.

Walk away

Say “no” and walk away.

Avoid the situation

Avoid situations where you might be pressured.

# When you respond to peer pressure...



## Passively

- ✓ No eye contact
- ✓ Lack confidence
- ✓ Act nervous or fidgety
- ✓ Unsure of yourself

## Aggressively

- ✓ Clear refusal
- ✓ Rude
- ✓ Hostile
- ✓ May damage friendship

## Assertively

- ✓ Confident
- ✓ Respectful
- ✓ Eye contact
- ✓ Suggest an alternative

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## I have the right to:

1. Say “no” to things that aren’t good for me.
2. Be treated with respect.
3. Express my needs, feelings, thoughts and ideas.
4. Be proud of my accomplishments.
5. Disagree in a respectful manner.
6. Get help when I need it.
7. Feel supported.