

Steps to Saying No

1. Stop

(Ask questions, name problem)

2. Think

(State the consequences)

3. Say No

(Be assertive, say 'No, I...')

4. Suggest something else to do

(Something fun & positive)

5. Leave

(whether they join you or not)

Steps to Saying No

1. Stop

(Ask questions, name problem)

2. Think

(State the consequences)

3. Say No

(Be assertive, say 'No, I...')

4. Suggest something else to do

(Something fun & positive)

5. Leave

(whether they join you or not)

Steps to Saying No

1. Stop

(Ask questions, name problem)

2. Think

(State the consequences)

3. Say No

(Be assertive, say 'No, I...')

4. Suggest something else to do

(Something fun & positive)

5. Leave

(whether they join you or not)

Steps to Saying No

1. Stop

(Ask questions, name problem)

2. Think

(State the consequences)

3. Say No

(Be assertive, say 'No, I...')

4. Suggest something else to do

(Something fun & positive)

5. Leave

(whether they join you or not)