

Refusal Skills

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

A NICE Way to Say NO!

N

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 to convey NO.

I

Use “I” statements—using I-statements 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 a first date.”

C

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

E

Exit—Leave!!! Sometimes you must remove yourself from the situation. Always have an exit plan. Let your parents or trusted adult know who you are with and where you will be. Stick to the plan and communicate if plans change.



NO

