

# Communication 4: Saying “NO”

Grades 7 and 8, Lesson #19

## Time Needed:

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One class period or less

## Student Learning Objectives:

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To be able to...

1. Formulate an assertive refusal.

## Agenda:

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1. Quickly re-read the Story of Logan from Lesson 16.
2. Use the *Saying “No” Reference Sheet* to introduce the three steps in an assertive refusal.
3. Summarize the steps with *Communication Transparency 2: Saying “No.”*
4. Play the Refusal Game.
5. Assign homework.

**Materials Needed:**

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**Classroom Materials:**

- *Communication Transparency 2*
- *Refusal Game Cards*
- *Advanced Refusal Game Cards*

**Student Materials:** (1 per student)

- *The Story of Logan (from Lesson 16, “should” already be in students’ notebooks)*
- *Saying No Reference Sheet*
- *Family Homework Exercise: Communication 4*
- *Communication Worksheet 5*

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**Activities**

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1. Have students get out their copies of *The Story of Logan* (from Lesson 11) and re-read the first part of it quickly (the part with the actual story).
2. Hand out the *Saying “No” Reference Sheet* and read it aloud while students follow along, or have them read it silently.
3. Summarize the steps with *Communication Transparency 2: Saying “No.”*
4. **Play the Refusal Game.**
  - a. You will have made 32 refusal game cards (two copies of each of four pages, cut each page into four parts, making 32 slips of paper) with 16 different situations.
  - b. Have the class pair off with the same partners they’ve been using. Give each person a refusal game card. Explain that the game starts with Step 2 (refusing). Have them use their Saying “No” Reference Sheets for ideas and fill a refusal in the blank.
  - c. Read or role play, as before. If you role play, encourage three assertive behaviors:
    - Eye contact
    - A loud enough voice to be heard clearly
    - Hands raised in refusal

Note that assertiveness in general, and especially these behaviors, may be considered rude in some cultures. Averting one’s eyes may be a sign of respect. Be sensitive to cultural differences.

  - d. You will have also made 32 advanced refusal game cards (eight copies of the page, cut into fourths, so you have 32 identical slips) containing three blanks for the entire refusal model.
  - e. Give each person one advanced refusal game card. Have them fill in an entire response to their situation (from the other slip).
  - f. Read or role play the answers.

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**Homework**

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Students’ options ...

- **Family Homework Exercise: Communication 4** (Students will need to take home two copies of **Communication Worksheet 5** to complete this assignment.)

- Fill out **Communication Worksheet 5**, independently, and turn it in.
- Make a poster or collage of the word “No” in as many languages as you can. Or in American Sign Language (i.e., draw or paint the hand sign).

# Saying “NO” Reference Sheet

Name \_\_\_\_\_

It’s not only important to know how to ask for what you want. It’s also important to know how to turn other people down assertively when they ask for something you don’t want to give or offer you something you don’t want to take. Remember Logan (from three lessons ago)? He kept asking girls to be his girlfriend. They didn’t want to. Jessie put him down in front of a bunch of kids -- she was aggressive. Sally tricked him and slipped away -- that was manipulative. Pam said “yes” even though she didn’t like him -- she was being passive and, in the end, it would have hurt him just as much as Jessie and Sally had. Sophea was straight with him. She said “no” without needing to dump on his feelings in the process.

Most people in school like Sophea. They trust her not to hurt them, because word got around about what she said to Logan. And they respect her; they know she won’t say “yes” to something she doesn’t believe in or doesn’t want to do.

Saying “no” assertively is not terribly hard. But very few people are good at it. The idea is to not give in, and still not lose your friends. There are three steps, and only the middle one is essential.

## 1. Say something caring.

*That’s flattering, but...*

*It’s nice of you to offer, but...*

*Thanks for asking, but...*

*I’m glad you trust me to ask, but...*

*I love you, but...*

*I like you, but...*

*I care about you, but...*

*I’m sure you have a good reason for asking, but...*

## 2. Refuse.

*No.*

*No, sorry.*

*No, thanks.*

*No, I’m OK.*

*No, that’s alright.*

## 3. State your decision.

*I’d rather...*

*I prefer...*

*I’m going to...*

*I’m not going to...*

*I don’t believe in...*

*I’ve decided not to...*

*I’ve decided to...*

**Or suggest an alternative -**

*Would you like to...?*

*How about...?*

*Why not \_\_\_\_\_ instead?*

**You don’t have to give a reason for your refusal.** If you trust the person not to argue with your decision, it’s OK to state your reason. But you never have to give a reason; it only gives the person something to argue about.

## Communication Transparency 2: Saying “NO”

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**A)** Say something caring.

**B)** Refuse.

*This is the most important step.*

*Make **sure** you include the word “**NO**”!*

**C)** State your decision or suggest an alternative.

1. Your brother asks you for \$5 and you don't want to give it to him. You're saving it for a concert ticket.

A basic assertive alternative would be to refuse:

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2. Your friend asks you to spend the night, but you want to stay home. You have to get up early for karate class.

A basic assertive alternative would be to refuse:

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### Refusal Game Cards

3. Your boyfriend or girlfriend wants you to go camping with his or her family. You wouldn't feel comfortable doing that.

A basic assertive alternative would be to refuse:

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4. Your uncle offers to let you drive his motorcycle by yourself. You're too young; you know it's against the law.

A basic assertive alternative would be to refuse:

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5. Somebody you've just met says, "Why don't you give me your number? I'll call you." You aren't sure it's safe.

A basic assertive alternative would be to refuse:

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6. Your boyfriend or girlfriend asks to "come over." Your folks aren't home and it's against family rules.

A basic assertive alternative would be to refuse:

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### Refusal Game Cards

7. Your friend wants to "borrow" your homework. You don't want to get in trouble for cheating.

A basic assertive alternative would be to refuse:

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8. Your friend offers to massage your sore feet. They smell and you would feel embarrassed.

A basic assertive alternative would be to refuse:

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9. Your mother offers to take you out to eat. You've already been asked to have dinner at a friend's house.

A basic assertive alternative would be to refuse:

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10. Your friend offers to "lend" you her birth control pills. You know it's not safe to take someone else's prescription.

A basic assertive alternative would be to refuse:

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### Refusal Game Cards

11. A man outside the grocery store says "Hey, I'll buy you some wine if you let me keep the change." You don't drink.

A basic assertive alternative would be to refuse:

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12. Your girlfriend or boyfriend asks you to touch in a way you don't feel good about.

A basic assertive alternative would be to refuse:

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13. Your friend offers you some acne medicine. You read the label. It doesn't contain benzoyl peroxide.

A basic assertive alternative would be to refuse:

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14. Your friend's dad invites you for dinner. They're having liver. You don't like liver.

A basic assertive alternative would be to refuse:

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### Refusal Game Cards

15. Your friend wants you to take a few dollars off your mother's dresser to go to the movies. You don't feel right about it.

A basic assertive alternative would be to refuse:

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16. Your friend wants you to ask someone whether they like your friend. You'd feel embarrassed.

A basic assertive alternative would be to refuse:

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<p>1. Or say something caring:</p> <hr/> <hr/> <hr/>	<p>1. Or say something caring:</p> <hr/> <hr/> <hr/>
<p>2. Refuse:</p> <hr/>	<p>2. Refuse:</p> <hr/>
<p>3. State your decision or suggest an alternative:</p> <hr/> <hr/> <hr/>	<p>3. State your decision or suggest an alternative:</p> <hr/> <hr/> <hr/>

Advanced Refusal Game Cards

<p>1. Or say something caring:</p> <hr/> <hr/> <hr/>	<p>1. Or say something caring:</p> <hr/> <hr/> <hr/>
<p>2. Refuse:</p> <hr/>	<p>2. Refuse:</p> <hr/>
<p>3. State your decision or suggest an alternative:</p> <hr/> <hr/> <hr/>	<p>3. State your decision or suggest an alternative:</p> <hr/> <hr/> <hr/>

# A Family Homework Exercise: Communication 4

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ALL FAMILY HOMEWORK EXERCISES ARE OPTIONAL.

**Read this aloud together:**

Some people think it's rude to say "no," especially when the other person is being nice. Unfortunately, they sometimes end up very unhappy or in a lot of trouble. They don't know that it's possible to stand up for themselves without standing on somebody else's toes. They just can't think of a way to be assertive.

Each of you try filling out Communication Worksheet 5 by yourself.

**Now:**

Discuss your answers. Did you give similar or different advice? Do you like each other's ideas or do you disagree? Has any of those kinds of things ever happened to you? If so, how did you handle it?

NOTE: Turn in a *Family Homework Confirmation Slip* by \_\_\_\_\_ if you want credit.

# Communication Worksheet 5

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Name \_\_\_\_\_ Due date \_\_\_\_\_

**Directions:** Pretend you are “Dear Abby.” How would you answer the following letters? If you are not sure how to respond, look at the Saying “No” Reference Sheet or ask someone in your family, a counselor, or a clergy person. But answer the letter in your own words.

1. Dear Abby,

My boyfriend wants me to take “wood shop” with him. It’s not that I don’t think girls should, I’m just not interested. The problem is, I don’t want to hurt his feelings. What should I do?

- Not a carpenter

Dear Not a carpenter,

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2. Dear Abby,

My best friend smokes cigarettes. He can do what he thinks is right, but I don’t think it’s worth it. So far, he hasn’t offered me any, but what should I say if he does? I don’t want to lose a friend.

- Gum breath

Dear Gum breath,

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3. Dear Abby,

Yesterday my girlfriend offered to touch me in a way I don’t feel right about. I changed the subject. What do I do if she asks again? I don’t want her to think I’m a baby or anything.

- Just not ready

Communication Worksheet 5, continued ...

Dear Just not ready,

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4. Dear Abby,

My boyfriend wants me to sleep with him. I want to be a virgin when I get married, but he might dump me if I say no. What can I say to him?

- My own person

Dear My own person,

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5. Dear Abby,

Am I crazy? One of my friends shoplifts. I don't. Well, this person offered to give me a \$100 watch. It must be stolen. I said I'd think about it. What should I do?

- Timeless

Dear Timeless,

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You can turn in this worksheet for credit or use it to do **Family Homework Exercise: Communication 4.**