

# How to say, “No” to an adult.

## Just Say No:

“No, thank you.”

## Give an Excuse:

“My parents won’t let me.”

“I will get into trouble with my parents.”

## Give a Reason:

“That’s against the rules.” “I want to follow the rules.”

## Get a 2nd Opinion:

“I want to ask my teacher first.”

**Suggest an alternative: “Let’s just talk right here.” “Let’s just shake hands.”**

## Reverse the Pressure:

“If you cared about me you wouldn’t ask me to break the rules.”

## Delay Your Decision:

“I need to think about it first.” “I need to check it out with my parent(s).”

**Avoid or leave the situation: “It’s time for me to go.” “I have homework to do.”**

Share your feelings: “This is scaring me.” “That makes me feel bad.”

If an adult won’t take “no” for an answer...if your feelings aren’t being heard...get away and tell an adult who will listen.



Diocese of Rapid City  
Safe Environment Office

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