Saying No

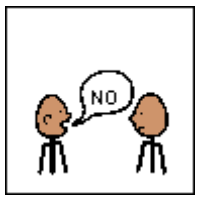
Sometimes people ask each other to do things.

Sometimes I ask someone to do something for me and sometimes others ask me to do things for them.

When someone asks me to do something I might want to do it. If I do, then I will gladly

help them out.

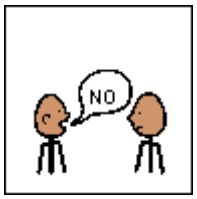
Sometimes I don't want to do what someone asks me. It's okay to not want to do it.



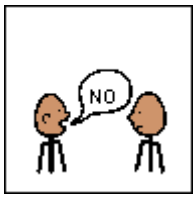
I can tell them "No" or "Not right now" or "I'd rather not" or

"Let me think about it".

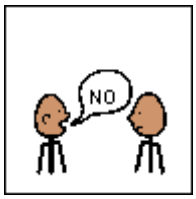
Sometimes I can't do what someone asks me to do. This is okay too.



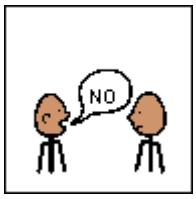
I can say "No" or "I can't" or "Let me think about it".



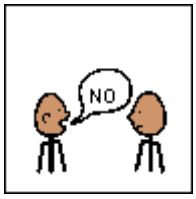
When I say "No" I can be proud myself and others will be proud of me for saying "No" too.



If I say "No" people who care about me should not be angry.

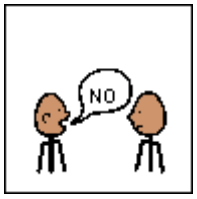


If someone does get angry at me for saying "No" **it's not my fault**.



Sometimes I might feel bad when I say "No" but it's okay, I can still say "No" and I will

feel better soon.



It is important to say no to respect myself and to stay safe.