



How to Say “No”

You’re in control of your decisions.

If your friends pressure you to do something you don’t want to do:

Say “no” and...

suggest
something else.

talk about the
consequences.

give them a
reason
or **explain** why
you said “no.”

reverse the pressure.

change the subject.

add some **humor.**

walk away.

Your friends should not make your decisions — you should. Do what’s right for you!