



## **How to say, “No!” if someone is crossing boundaries.**

If someone is in your personal space, violates your comfort zone, or pressures you to break the rules, what do you do? Sometimes it is not very easy to think of what to say to someone who is making you feel uncomfortable. Take some time now to write respectful ways to say, “No.”

- 1) Just say, “No.” \_\_\_\_\_
- 2) Give an excuse. \_\_\_\_\_
- 3) Suggest an alternative. \_\_\_\_\_
- 4) Reverse the pressure. \_\_\_\_\_
- 5) Avoid or leave the situation. \_\_\_\_\_
- 6) Give a reason. \_\_\_\_\_
- 7) Get a second opinion. \_\_\_\_\_
- 8) Delay your decision. \_\_\_\_\_
- 9) Share your feelings. \_\_\_\_\_

It is important to share how you feel. Sometimes others are not aware of your boundaries. If they know how you are feeling, they may change their behavior.

Even so, sometimes people choose to cross boundaries.

If someone will not take “No” for an answer or does not respect your feelings, get away immediately and tell a trusted adult who will listen.