

Ways to say "NO"

Matching Activity

Draw a line from the example on the Left to the Refusal Category which it matches on the Right.

Examples of Ways to Say "No"

Refusal Categories

"NO."

Change the Subject.

"What do you think I should do with my hair?"

Tell a "White Lie"

"No thanks. I am allergic and it could make me break out."

Simple, Clear Refusal

"No. We can't do this because we could get suspended from school."

Reverse Pressure

"No. Did you hear about the concert this weekend?"

Ask a Question

"Hey. Let's go get something to eat at Burger King."

List a Consequence

"Why did the chicken cross the road?"
(To get away from secondhand smoke.)

Broken Record

"No thanks, no thanks, no thanks!"

Avoid the Situation

"No thanks. If you were my friend, you wouldn't ask."

Crack a Joke

"I heard all the kids smoke at the park, so let's not go there."

Suggest a New Idea