



Time to Say "No"

Select an adult to interview. Ask him or her for a few minutes to discuss times when it was necessary to say "no" to someone.

Ask the following questions and record his or her answers:

1. Were you ever in a situation when you had to say "no" to someone? What was the situation?

2. What did you say?

3. Was it easy or difficult to say "no"? Why?

4. How did you feel after saying "no"?

5. What did the other person do or say?

