



IT'S OKAY TO SAY NO

TEACHER'S GUIDE



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IT'S OKAY TO SAY NO

Introduction

It has been shown that children who are taught refusal skills are more likely to make positive choices and refrain from engaging in high-risk behaviors. It's important to help children set limits for themselves and say "no" to outside pressures. This increases their self-confidence. When children learn to stop and consider the consequences before responding to a request, as well as a variety of ways to say "no" they become more accomplished at refusing to participate in anything that could harm themselves or others. In this program, several simple refusal techniques are modeled and demonstrated. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes. Get-Along-Monsters is an entertaining and engaging children's DVD series designed to teach children, grades K-4 important skills necessary for successful social interaction and emotional management. Each episode combines humorous, animated segments and age-appropriate, live-action scenarios to demonstrate easy-to-understand skills.

Learning Objectives

- How to make positive choices
- How to say no without hurting others
- How to say no with confidence
- Consider consequences before responding to a request
- Use various refusal techniques



Program Summary

SAY NO AGAIN AND AGAIN

Ellen's brother, Ben, tries to coerce and force Ellen to do his chores while he goes out to play. Ellen refuses. Ben tries to make all kinds of deals but Ellen says no and she keeps repeating it until Ben finally gives in and does his chores.

TELL HOW YOU FEEL

Dan and Bill are best friends. However, Bill has made habit out trading stuff in his lunch bag for stuff Dan's lunch bag. The only problem is is that Bill doesn't ask Dan. Bill just takes it. Finally, Dan tells Bill how he feels and the behavior stops.

WALK AWAY

Ellen and her friends are playing with make up and styling their hair in different ways. When Jen suggests that Ellen let them cut her hair, Ellen says no. Jen and Karen persist and though she doesn't want to disappoint her friends, Ellen finally walks away from the situation.

IT'S OKAY TO CHANGE YOUR MIND

Toni tells Matt that he doesn't want to play with their friend Andrew anymore. When Andrew goes home for lunch, Matt goes along with Toni's idea to leave and not tell Andrew. After a while, Matt begins to feel bad about not telling Andrew where they were going. Matt changes his mind and tells Toni he's going to play with Andrew.



Send-Home Letter

Dear Family Member:

Your child has seen a program called, "It's Okay to Say No." It has been shown that children who are taught refusal skills are more likely to make positive choices and refrain from engaging in high-risk behaviors. It's important to help children set limits for themselves and say "no" to outside pressures. This increases their self-confidence. When children learn to stop and consider the consequences before responding to a request, as well as a variety of ways to say "no," they become more accomplished at refusing to participate in anything that could harm themselves or others. In this program, several simple refusal techniques are modeled and demonstrated. Children who don't have an available repertoire of social and coping skills can easily turn to violence, anger or self-harm when they face an upsetting or vulnerable situation. Conversely, when we help kids learn and develop positive social and coping skills, we provide them with alternatives that can help turn problem situations into positive outcomes.

Through the fictionalized stories of four young children, this program is designed to help students to learn:

- How to make positive choices
- How to say no without hurting others
- How to say no with confidence
- To consider consequences before responding to a request
- How to use various refusal techniques

Talk with your child about what he or she learned from the program. Discuss times they've been asked to do things they didn't want to do but didn't know how to say no. Talk about using refusal skills that aligns with your family's values.



Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in young students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: No putdowns, ridicule or sarcasm. Everyone may speak without interruption. Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussions can be very rich.



Questions for Discussion

1. How do you think Ellen felt when her brother asked her to do his chores?
2. Have you ever wanted to say no to someone, but didn't know how to do it? What happened? How did it make you feel?
3. Do you think it's more difficult to say no to a friend? Why or why not?
4. Is it easier to refuse a friend's request or to walk away?
5. How do you think Ellen felt when she refused to let her friends cut her hair?
6. Why is it okay to say no to a person after you originally said yes?
7. How do you think Matt felt when he told his friend he changed his mind?
8. How do you think Matt would have felt if he didn't change his mind?

Handout #1

Read the sentences below. If you agree, color the thumbs up sign. If you disagree, color the thumbs down sign.

1. You should always say no when someone asks you to do something you don't feel comfortable doing.



2. It's never okay to say no to a grown up you don't know.



3. You don't have to always agree with your friends.



4. Saying no to a friend will always ruin the friendship.



5. You should always make a decision that feels right for you.



6. It's okay to change your mind.





Handout #2

Read each sentence. Draw a picture or write a sentence to tell what you would do in the situation.

Carol wants Sandra to jump into the deep end of the pool. Carol doesn't know how to swim.

While in the park, a stranger asks Carl to help him find his lost puppy.

You're at the store with your older sister. She tells you to stuff your pockets with candy then walk out without paying.



IT'S OKAY TO SAY NO

Handout #3

Saying yes when you want to say no can cause you to have some strong feelings. Draw a face that matches the emotion written below.

Upset

Worried

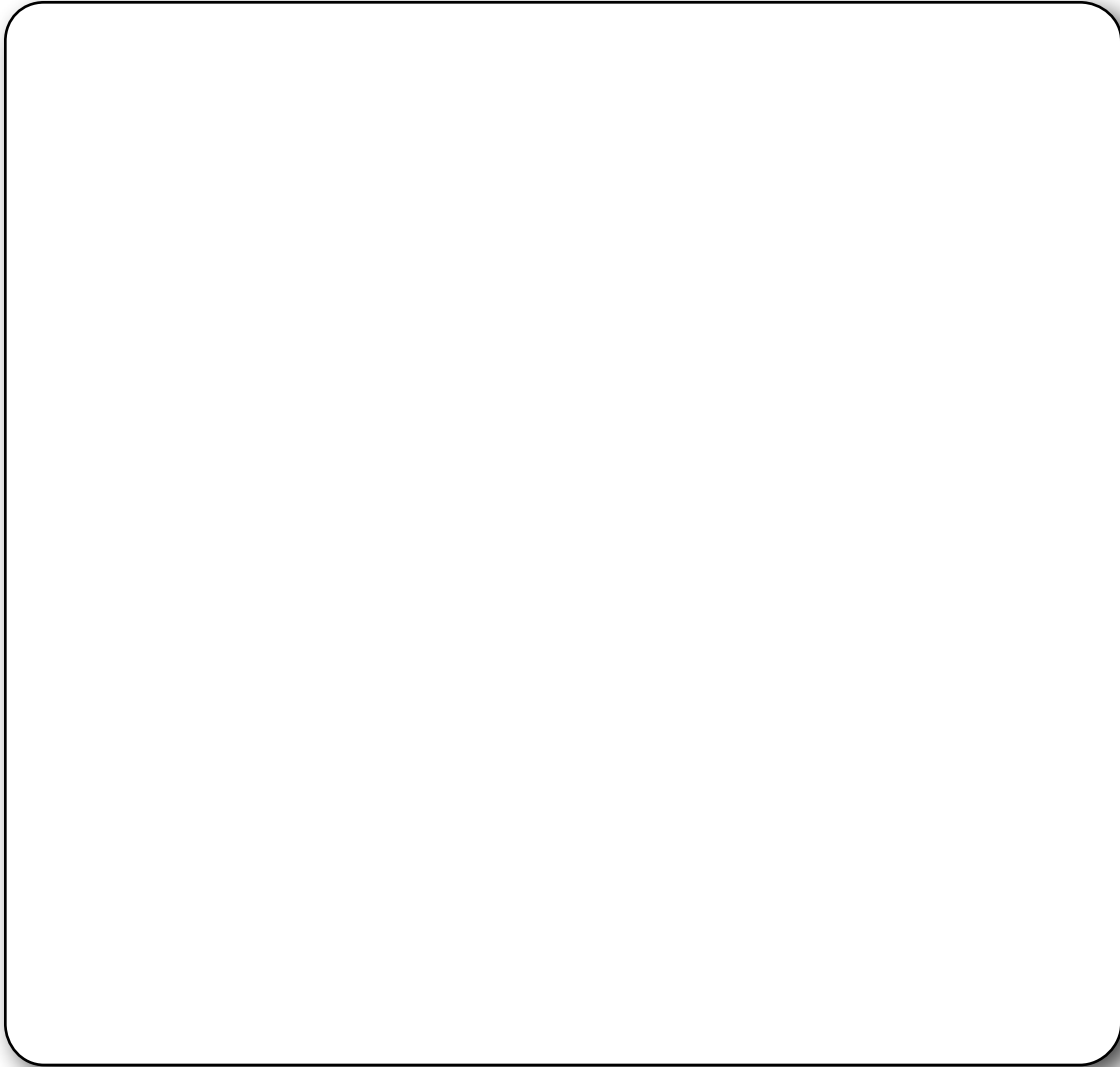
Scared

Unhappy

Angry

Handout #4
Journal Entry

Draw a picture, then write a sentence about a time when you did something you know you should have refused to do. What happened. How did you feel?





Script: It's Okay to Say No

SAY NO AGAIN AND AGAIN

HOST

Sometimes it's hard to say no to a friend or someone who is older than you. But if you don't say no, you may end up doing things you REALLY don't want to do. That's what Ellen learned. Like everyone in her family, she has chores to do. Her chores include folding laundry, emptying the dishwasher and making her bed.

HOST

One day when she was finished with her chores, she sat down to read her new book. After just a few minutes, her brother BEN came along. He wanted Ellen to do one of his chores for him.

BEN

Ellen I'm supposed to meet Adam and Kenny right now, but mom said I can't go until I pick up the garbage from all over the house.

ELLEN

So? That's your job.

BEN

Can you do it for me?

ELLEN

No.

BEN

Come on.

ELLEN

Why should I?



IT'S OKAY TO SAY NO

BEN

I'll do the dishwasher for you tomorrow.

ELLEN

I don't want to.

BEN

C'mon. You always did it before when I asked you.
Please. Please. Please.

ELLEN

Okay. I'll do it. Just leave me alone.

BEN

Thanks.

HOST

Ellen didn't want to do BEN's job...she wanted to say no... she tried to say no...but she ended up saying yes. What else could Ellen have done? She could have said no, and repeated it again and again. Look the person straight in the eye and say no like you mean it...with confidence. No. Let's see what happens when Ellen tries that.

BEN

C'mon. You always did it before when I asked you.
Please. Please. Please.

ELLEN

No.

BEN

Okay listen to this-
I'll fold the laundry and do the dishes tomorrow night.
C'mon that's a good deal.

ELLEN

No.

BEN

C'mon. Pleeeeezez.



ELLEN
I said no... NO!

BEN
Okay. Okay. I'll just do it, then. (Sarcastically) Thanks for nothing.

HOST
Ellen did a great job. She said no and she said it again and again. She didn't let her brother talk her into doing his chores. Ellen learned that it's okay to say no.
You can, too.

TELL HOW YOU FEEL

HOST
Did you ever say no to a friend? Saying no to a friend is a very hard thing to do...but sometimes you have to do it. That's what ADAM learned in school.

BILL
Darn it, my mom made me a peanut butter sandwich again, what do you have?

ADAM
Turkey and cheese.

BILL
That's my favorite. I have an idea. Let's trade half our sandwiches. You like peanut butter, don't you?

ADAM
Yah, but.

HOST
BILL traded sandwiches without waiting for ADAM to say it was okay. ADAM didn't want to trade, but he didn't want to hurt his best friend's feelings. Unfortunately, after that BILL kept trading stuff...every day.



HOST

Sometimes it was sandwiches. Sometimes fruit. Sometimes pens and pencils. And BILL never asked ADAM if he wanted to do it. ADAM didn't say anything because he thought BILL would get mad if he told him to stop.

HOST

ADAM's in a tough spot. Saying no to a friend is a hard thing to do... but it's okay to say no, if you don't like what they're doing. The best thing to do is talk about what's bothering you. Tell the friend how you feel.

BILL

My mom gave me an apple today...you have grapes. I like grapes. Let's trade.

ADAM

No. Not today, I'd rather not.

BILL

But we always trade.

ADAM

But I don't always want to. Sometimes I don't like the stuff you trade with me.

BILL

But you like apples, don't you?

ADAM

Yes. But I'd like to eat my grapes. And sometimes I get mad when you trade without asking me. So, I'd like you to stop.

BILL

Okay. But what if there's something we both want to trade.

ADAM

We can both trade if it's something we really want to do. Okay?



IT'S OKAY TO SAY NO

BILL
Okay.

HOST
See, it's okay to say no to a friend, just tell the person how you feel and why you're saying no. You don't have to feel bad, and your friend doesn't have to feel bad either.

HOST
You should always say no when it's best for you. It's okay to say no.

WALK AWAY

HOST
Sometimes when you're with a group of friends it can be very hard to say no. That's what happened to ELLEN when she was over a friend's house.

HOST
ELLEN and her friends KAREN and JEN were playing with KAREN's mom's make up. ELLEN is looking in the mirror. She has long hair and is wearing lipstick.

KAREN
That color lipstick looks so pretty on you.

ELLEN
I like it.

JEN
I think you're hair would look good shorter.

ELLEN
You think so?

KAREN
I do.



IT'S OKAY TO SAY NO

JEN

Let's cut it.

KAREN

My mom has scissors. I can cut your hair.

ELLEN

You can cut hair?

KAREN

Sure. It's not that hard.

ELLEN

No. I don't think it's such a good idea.

JEN

C'mon. It'll be fun.

ELLEN

No. I don't think we should do that.

KAREN

C'mon. Don't be afraid. I can do it.

HOST

ELLEN kept saying no. She said it lots of times. But her friends kept pressuring her until ELLEN finally gave in. ELLEN, saying no over and over again didn't work. Is there something else ELLEN could have done? The answer is yes. ELLEN could just walk away. Let's see how that could work.

KAREN

My mom has scissors. I can cut your hair.

ELLEN

You can cut hair?

KAREN

Sure. It's not that hard.



IT'S OKAY TO SAY NO

ELLEN

No. I don't think it's such a good idea.

JEN

C'mon. It'll be fun.

ELLEN

No. I don't think we should do that.

KAREN

C'mon. Don't be afraid. I can do it.

ELLEN

No. I'm going to go home. I'll see you guys later.

HOST

ELLEN did a great job. She didn't feel right about her friends cutting her hair. He kept saying no. When that didn't work, she just walked away. Walking away is a great way to show your friends that you mean what you say---no.

IT'S OKAY TO CHANGE YOUR MIND

HOST

Sometimes you could find yourself in a situation where you want to change your mind. What do you do then? That's something Matt learned about. TONI, ANDREW and Matt were neighbors. One day they were playing outside together. After a little while ANDREW's mom called him in.

ANDREW

My mom's calling me. But I'll be right back out. Okay?

MATT

Sure.

TONI

Okay.



IT'S OKAY TO SAY NO

TONI

I don't want to play with ANDREW anymore.

MATT

How come?

TONI

He's no fun. Let's go to my house. I have a new video game.

MATT

What about ANDREW?

TONI

He's not here. Let's go. C'mon.

MATT

Okay...

HOST

Matt really didn't want to leave ANDREW. But he did. Soon Matt and TONI were playing a video game. But Matt felt really bad for leaving ANDREW. Then he heard ANDREW calling for them.

ANDREW

Guys. Guys. Where did you go?

HOST

What could ANDREW do? Well, he could change his mind. He told TONI that he wanted to let ANDREW know where they were.

MATT

I'm going to get ANDREW.

TONI

No. He'll go away a little while.

MATT

I should have said no right from the beginning. I'm going to play with ANDREW.



IT'S OKAY TO SAY NO

TONI

But we're playing a game.

MATT

I changed my mind. Are you coming with me?

TONI

Okay.

HOST

Now Matt feels great, because he did what she thought was right. He realized he made a mistake, so he changed his mind. If you feel bad about something you said yes to, you can always change your mind. And say no.

END