

# HOW TO SAY NO AND STILL BE COOL

To say "**no**" and make it stick, try this three-step technique. Ask yourself each of these questions, and then look your friend straight in the eye, and confidently state your position:

## 1. **What's the problem?**

Be very specific about what is wrong. Give it a name. Say "*that's stealing,*" or "*that's dangerous,*" or "*that's mean.*"

## 2. **What could happen?**

- a) Could anyone be harmed by it (including you)? How?
- b) Could it get you into any kind of trouble? What trouble?
- c) Would it make you feel bad about yourself if you did it?

## 3. **What could we do instead?**

If you suggest something else to do, it makes it easier for your friend to go along with you.

When someone suggests doing something you don't feel right about, there are a variety of things you can do besides just saying "no" (for example: ignore the suggestion, make a joke about it, change the subject, offer a better idea, etc.).

Adapted from [www.GoodCharacter.com](http://www.GoodCharacter.com)

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