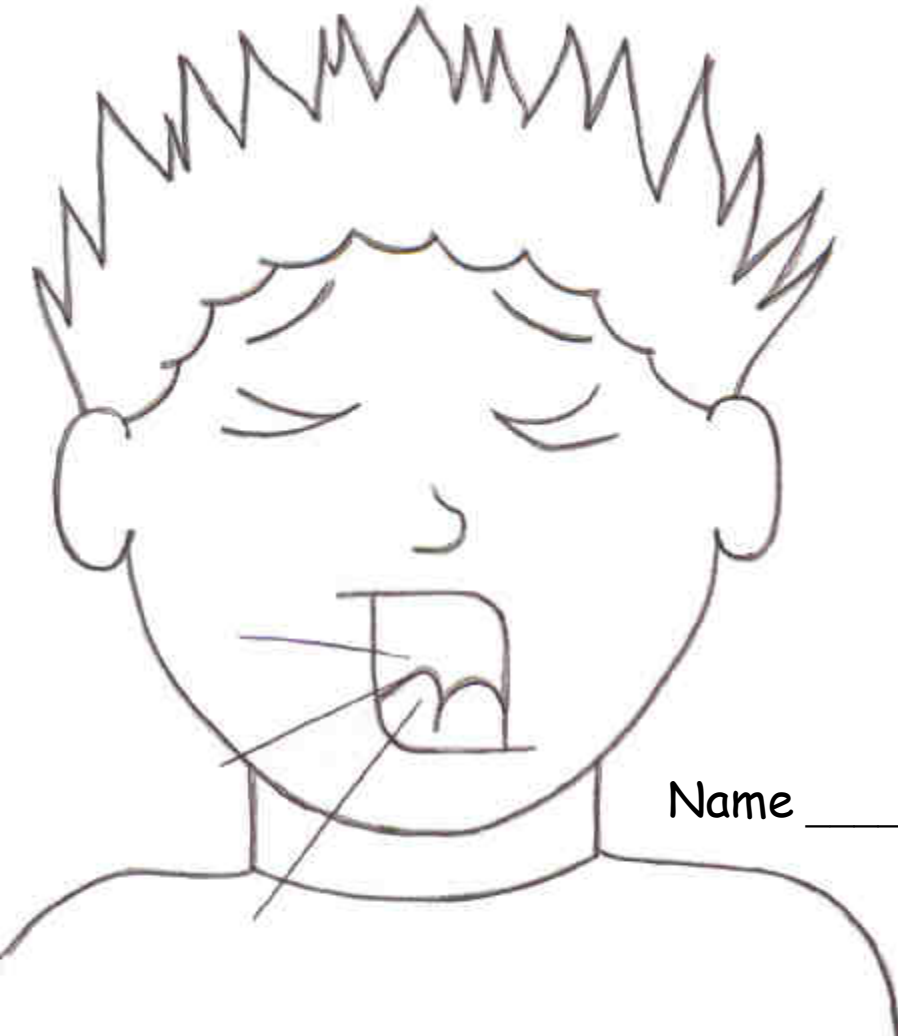


I Just Said NO!

mini book:



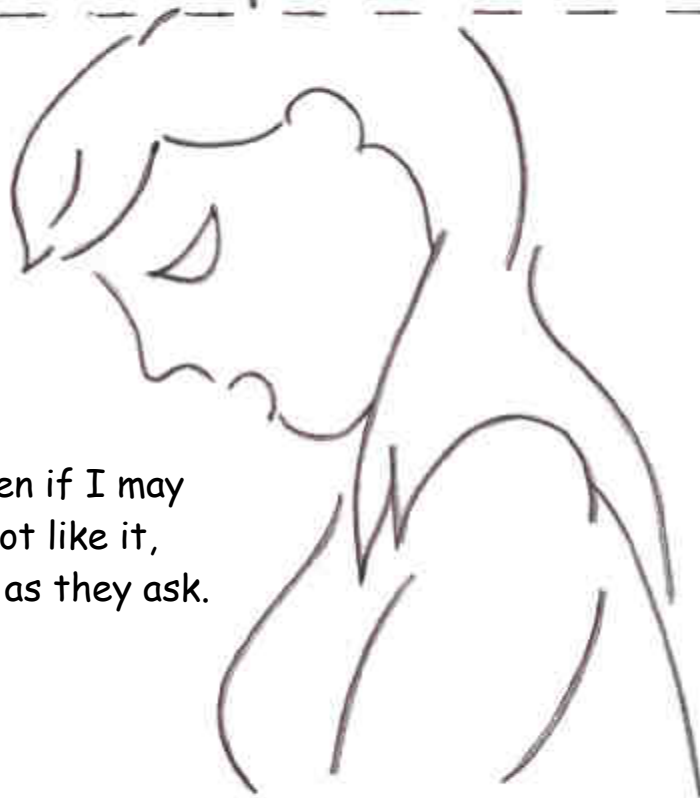
Name _____

1

I listen to adults... most of the time. They're older and often know what is best for me.



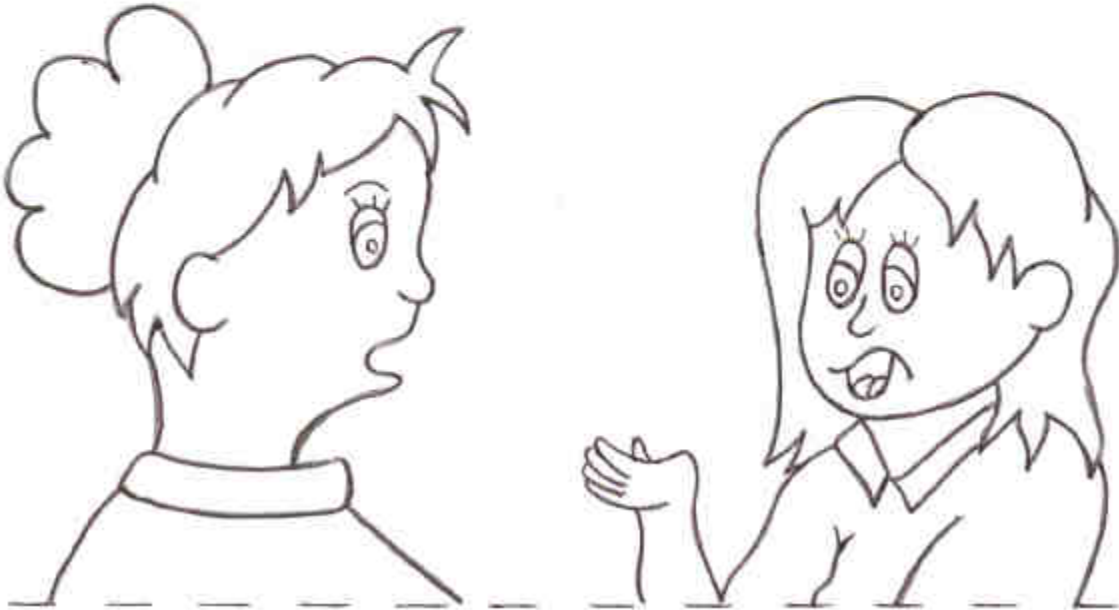
Even if I may not like it, I do as they ask.



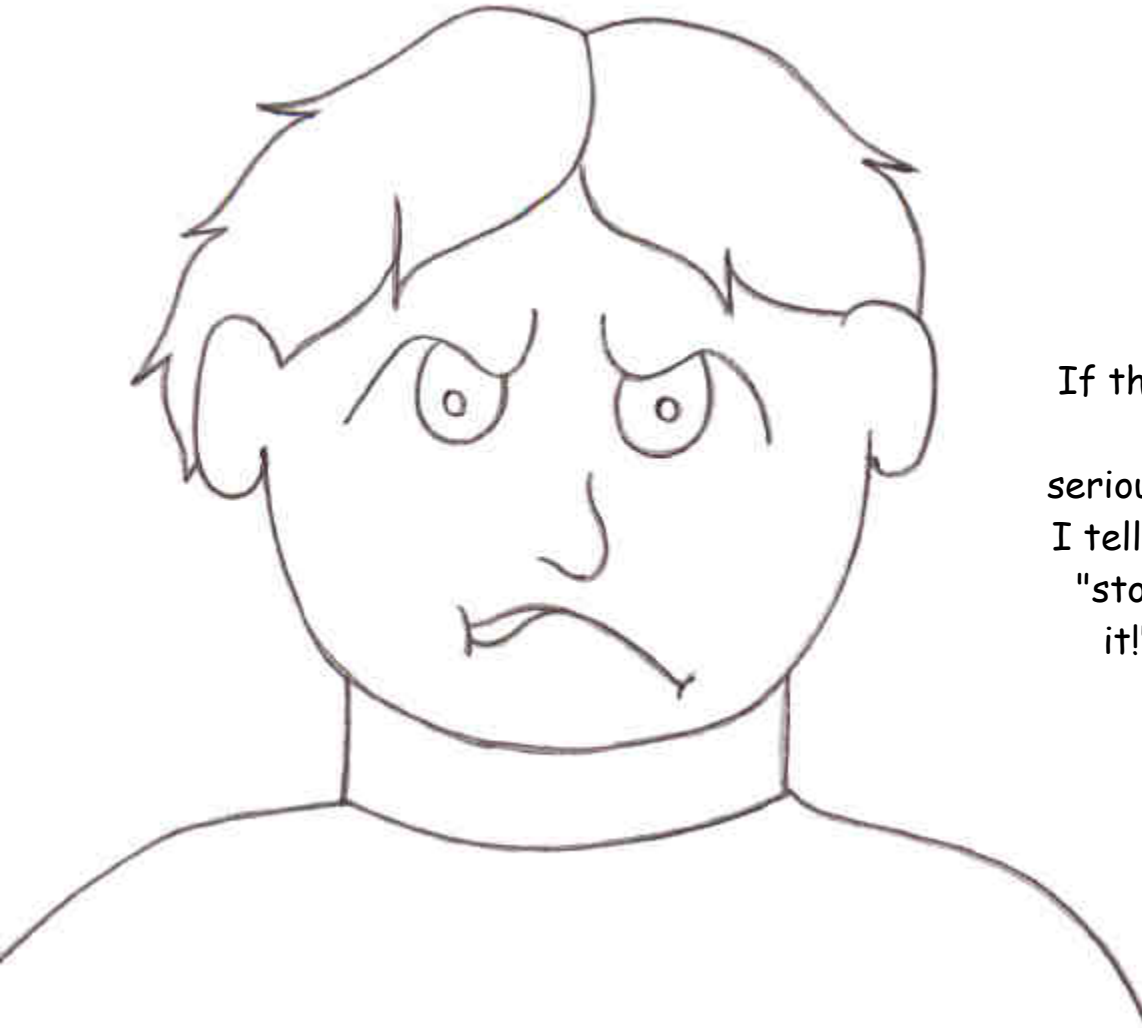
But when it comes to certain things, like the way people treat my body, I'm the boss of me. I can tell grown-ups "No!" if they are doing something that makes me feel bad.

2

First I tell them politely. I say "Please stop" or I can say "no more please" or "that doesn't feel good for me, so please stop."
Now you give it a try.



3



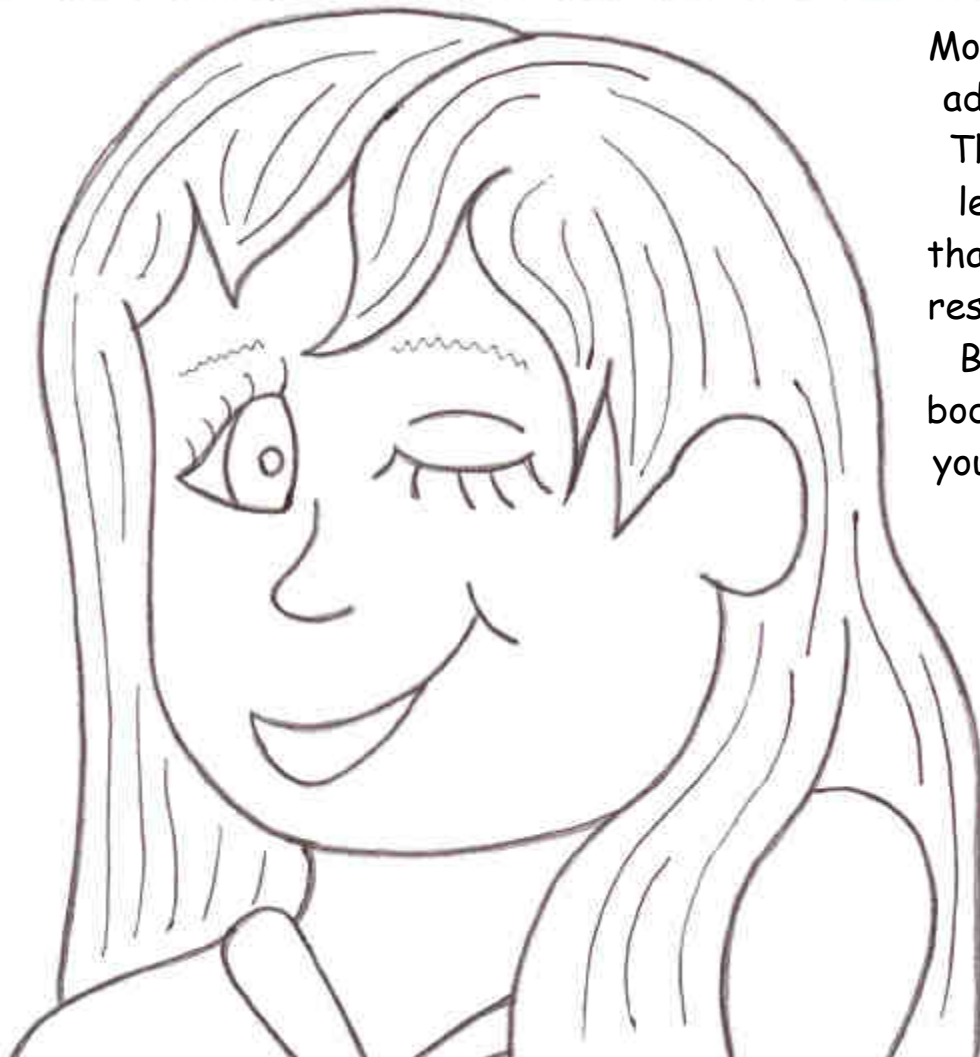
If that doesn't work, then I get a real serious look on my face, and I tell them in a stern voice: "stop it!" or "I don't like it!" or "I told you no!"

4



After I tell them in my serious voice with my serious face, most people will listen. But if they don't, here's what you do: You start to cry... boo, hoo. You throw a tantrum too. You keep crying and asking them to stop until they do. Let's try that now. Cry and give me your best tantrum. I'm sure you've had lots of practice.

5



Most people are nice, and most adults never mean to hurt us. That's why it's important to learn how to say no in a way that gets peoples attention. Be respectful and polite to adults.

But when it comes to your body, if something is bothering you and they don't have to be,

- 1) Ask politely,
- 2) Get serious (they might think you're joking at first), and
- 3) Cry and throw a fit if they won't stop.

The end.

6