

## **TITLE:** Tell People No

### **OBJECTIVES:**

After completing this lesson, students will be able to:

- Explain why they have a right to stand up for themselves.
- Identify situations in which it is acceptable to tell an adult “no.”
- Demonstrate how to say “no” with authority.

**Lesson time – 25 minutes**

### **ITEMS NEEDED:**

- ☐ 1. Large poster paper/ or lift chart paper
- ☐ 2. Copy of When to Say No – Attachment 5
- ☐ 3. Markers
- ☐ 4. Copies of Tell people No Crossword. (optional)
- ☐ 5. Copy of Video – “Tell People No”



**ASK STUDENTS:** Have you ever told an adult “no” when they asked you to do something?

Like when your Mom tells you to clean your room? Have you ever told her no? Is it right or wrong to say “no”?

Or if stranger asks you to help them find a puppy that is lost? Is it right or wrong to say “no”?

Then tell them: There are times when it’s OK for you to say “no” to an adult. We’re going to talk about those times.

**TELL THEM:** It’s OK for you to stand up for yourself.” That means if anyone touches you in a way you don’t like or if anyone tries to hurt you, you have the right to say “no.” Your body belongs to you and it’s not OK for someone to make you uncomfortable or hurt you. This also means that if someone ever grabs you or tries to get you to go somewhere with them, it’s OK for you to say “no” and try to get away.

### **SHOW THE VIDEO:** Tell People No

Explain to students that Marco had a right to say “NO” to his uncle because the hugs were making him uncomfortable. Even though his uncle didn’t mean to make Marco uncomfortable, it’s still OK for Marco to tell his uncle how he feels.

**DISCUSS:** Give every student a copy of Attachment 5 – When to Say “NO!” Read each scenario aloud, and then ask if they think they should tell the adult “no.” They should say “no” in scenarios 2 and 3,

so ask them to write a big “NO” on the line under the picture. Tell students: You should say “no” in numbers 2 and 3 because someone is touching them in a way they shouldn’t. But you can always say “no” if you don’t like the way someone is touching you.

**NEXT:** Hang the poster you prepared on the bulletin board. Tell students: If someone touches you in a way you don’t like, tries to hurt you, or tries to grab you and take you somewhere, you should say “no.” Watch how I say “no” with confidence. Have students watch you carefully as you demonstrate saying “no” a few times.

Be sure to use the phrases at the top of the poster board as examples of different ways to say “no.” Ask the students to tell you what they saw:

What did I do with my voice? How was I using my body? What did my face look like?

Use the marker to fill in the poster with their observations.

Here are some examples of observations they might make:

### **tone of voice**

Loud

Confident

Strong

### **body language**

Stand tall

Turn away

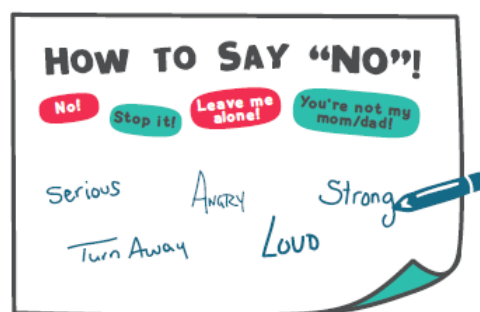
Cross your arms

### **facial expressions**

Angry

Narrow eyes

Serious



Tell students: If you ever have to say “no” to someone and that person doesn’t listen, it is OK for you to try and get away in any way you can. That might mean yelling for help, screaming, kicking, hitting or biting the person to get away. No one should ever touch you in a way that makes you feel uncomfortable or grab you and try to take you somewhere. If you try to get away from someone like that, you are not doing anything wrong.

**OPTIONAL ACTIVITY:** do the Tell People “No” Crossword

**BE SURE:** to fill out the Safe Environment Education of Children, Youth and Parents Form and leave in the receptacle in the office. Thank you

Thank you for all of your efforts in keeping young people safe!