

# Saying No and Meaning It

## Introduction

This lesson will use an online scenario to help students to practice saying no and defending their rights (to say no and to make their own decisions about their body, personal values and reputation).

## Grade Level

Grade 7-9

## Learning Outcomes

To learn phrases that can be used to refuse an invitation or request to defend themselves if their rights are violated, to be able to...

1. Formulate an assertive defense.
2. Protect him/herself as aggressively as necessary.
3. Not over-react with hostility when it isn't necessary.

## Prerequisites/Prior Learning

Determine if your students have already been taught techniques in assertive communication. If so, this lesson should be adapted accordingly.

## Materials

Print off the different steps in the Virtual Scenario [War of the Condoms](http://www.sexualityandu.ca) on the [www.sexualityandu.ca](http://www.sexualityandu.ca) web site for use in class discussions.

Print copies of the Reference Sheet on Saying No and Meaning It (Provided below)

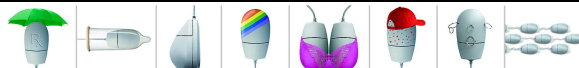
Print copies of the Reference Sheet: Arguments for Sex and Arguments against Condoms (Provided Below)

## Time Required

One class period

## Lesson Procedure (With Suggested Discussion Points/Content)

|   |   |
|---|---|
| <ol style="list-style-type: none"><li>1. Have students get out and read their copies of the virtual scenario <a href="http://www.sexualityandu.ca">War of the Condoms</a>.</li><li>2. Hand out the <i>Reference Sheet</i> and read it aloud while students follow along, or have them read it silently.</li><li>3. Discuss the steps in the Reference Sheet, so that students are familiar with ways of how to say no and then how to become assertive or aggressive in saying no.</li><li>4. Have the students review the different arguments that are trying to persuade someone to have sex (See below). Have the students brainstorm arguments on why to delay sex or why a condom is necessary.(See teacher reference sheet below.)</li><li>5. Divide the class into small groups and have</li></ol> | <p>This scenario includes various decision-points where the girl has to say no or to insist on the use of a condom in their sexual intercourse.</p> |
|---|---|



|  |  |
|--|--|
| them prepare brief skits with dialogue (using assertive and aggressive phrases). |  |
| 6. Ask two confident members of each small group to act out their script.        |  |

### Closure

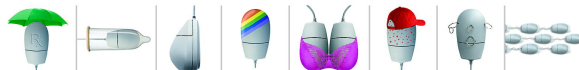
Pass around blank sheets of paper and ask students to write down a question or comment for the question box. (If they do not have a question or comment, ask them to simply write down a brief sentence on what they learned (so that everyone hands in a sheet of paper with some writing on it.)

### Follow-up/Enrichment

Have the students read the pages on the [What is Sex?](#) section of the [www.sexualityandu.ca](http://www.sexualityandu.ca) web site and record their responses in their [Student Health Journal](#).

### Assessment/Evaluation Criteria/Tools

Ask the students to complete the [Individual/Group Participation Sheet](#) and keep it in their [Student Health Journal](#). As the teacher, you should take notes on the participation of students and record them in your [Student Evaluation Tracker](#).



Reference Sheet  
**Saying No and Meaning It**

**Saying No: Some Ways to say It Nicely but Firmly**

**1. Say something polite, nice or caring.**

*That's flattering, but...*  
*It's nice of you to offer, but...*  
*Thanks for asking, but...*  
*I'm glad you trust me to ask, but...*  
*I love you, but...*  
*I like you, but...*  
*I care about you, but...*  
*I'm sure you have a good reason for asking, but...*

**2. Refuse. (Make sure you include the word "no")**

*No.*  
*No, sorry.*  
*No, thanks.*  
*No, I'm OK.*  
*No, that's alright.*

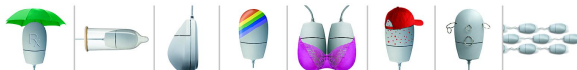
**3. State your decision. (But only if you think the other person won't try to argue with your reasons)**

*I'd rather...*  
*I prefer...*  
*I'm going to...*  
*I'm not going to...*  
*I don't believe in...*  
*I've decided not to...*  
*I've decided to...*

**Or suggest an alternative –(But only if you truly want to, or want to find a compromise with this person)**

*Would you like to...?*  
*How about...?*  
*Why not \_\_\_\_\_ instead?*

**You don't have to give a reason for your refusal.** If you trust the person not to argue with your decision, it's OK to state your reason. But you never have to give a reason; it only gives the person something to argue about.



# Standing Up for Your Rights

## A. The first step is to know your rights

### 1. Your touching rights...

- Never to be touched in a sexual or affectionate way without your permission.
- Never to be touched in a violent way except by choice (like if you choose to play football).
- Never to be touched in an exploitive way.
- To change your mind about touching.
- To want some kinds of touch and not others.
- To want to touch some people and not others.
- To like touch in some times or places and not others.
- To be warned if the other person knows they have an infection.
- To protect yourself from infections.
- To decide whether, when and with whom you'll become a parent.
- To protect yourself from unintended parenthood.
- To choose to abstain from intercourse or any other sexual touching.
- Not to even be touched in a nurturing way without your permission.

### 2. Your other rights...

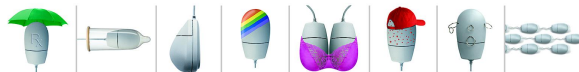
- To not have to look at other peoples' private parts when you don't want to.
- To not have other people, even the doctor, look at your private parts without your permission.
- Not to share private thoughts, or feelings, unless you choose to.

### 3. Your rights in a clinic or doctor's office...

- Never to be touched on private parts, even by the doctor, without your permission.
- To understand exactly what the nurse/doctor is checking for, what he or she finds, what he or she recommends and why.
- To decide not to get a test or a treatment.
- To have information about you treated confidentially.
- To have a support person (friend/parent) present when you see the doctor/nurse if you choose.
- To have your touching and privacy rights respected.

### 4. Your rights in a relationship...

- Not to be lied to.
- Not to be called names or put down.
- To say what you feel.
- To ask straight for what you want.
- To have your personal thoughts and feelings kept confidential (not to have your secrets spread around).
- To be listened to.
- To have your feelings considered.
- To have your touch and privacy rights respected.



**B. Then...** If someone violates your rights *accidentally*, you probably want to **assertively** defend your rights. If someone violates them on *purpose*, you may need to **aggressively** defend yourself. **Here's how:**

**1. An assertive defense...**

- a. State a fact or a feeling.  
*I have a right to \_\_\_\_\_*  
*I have a right not to \_\_\_\_\_*  
*I don't like it when you \_\_\_\_\_*  
*I don't appreciate your \_\_\_\_\_*  
*I like \_\_\_\_\_*  
*I feel \_\_\_\_\_*
- b. Describe what you expect from the person.  
*I would like you to \_\_\_\_\_*  
*I want you to \_\_\_\_\_*  
*Please don't \_\_\_\_\_*  
*Please stop \_\_\_\_\_*  
*Please \_\_\_\_\_*  
*Would you please \_\_\_\_\_*  
*Cut it out.*  
*Knock it off.*

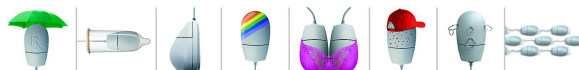
**2. A more aggressive defense...**

- c. Get their attention.  
*Hey!*  
*Listen to me.*  
*Whoa!*  
*Hold it.*  
*Wait a minute.*  
*Or say their name.*
- d. Call them on their aggression or manipulation.  
*That's not true.*  
*That sounds like a threat.*  
*That sounds like a put down.*  
*That's not what I said.*  
*That's illegal.*  
*That's not fair.*  
*That's not right.*
- e. Repeat what you expect.  
*I mean it.*  
*I said, "No."*  
*I said, "Cut it out."*  
*I asked you to \_\_\_\_\_*  
*I asked you not to \_\_\_\_\_*  
*I want you to \_\_\_\_\_*  
*I really would like you to \_\_\_\_\_*

**3. If that doesn't work, leave the situation.**

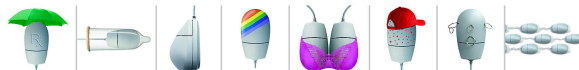
**4. If they try to prevent you from leaving, get help or get violent.**

To get help ... ask somebody ... or make a scene (yell, break something). If you have to get violent ... defend yourself and hurt the person enough to get away. Remember, the goal is to get OUT of the situation.



**If you ever do get assaulted, sexually or in any other way ...**

- Get to a safe place.
- Don't put yourself down. (It is not your fault!)
- Tell someone, preferably your parents or another adult you trust. (They can help you feel less scared and alone.)
- Call the police or Child Protective Services. (They can often protect you - and other people -- from the person who hurt you.)
- Talk to a counselor. (They can help you feel less scared, and gradually, more powerful and trusting.)\*
- Be patient and loving with yourself. (Don't expect to feel just fine. It takes most people a long time to recover. It doesn't mean anything is wrong with you. It means you're human.)



## Reference Sheet Arguments For Sex

These arguments are often used to persuade a partner to have sex:

"I'll be very careful."

"If you really loved me you would."

"I haven't got AIDS so you've no need to worry."

"I've got some condoms now, so there's no excuse not to."

"Everyone else is doing it."

"I'll buy you something nice if you let me do it."

"I'm really turned on now - if we don't go the whole way I will be in agony!"

"There are names for people like you who lead others on."

Others?

## Arguments against Condoms

These arguments are often used to persuade someone that a condom is not necessary:

"Don't worry; I'm on the pill."

"I'm clean; I don't run around, and I don't have any infections."

"Condoms don't feel good. It won't be natural."

"By the time you put a condom on, you've lost the mood."

"I feel stupid/embarrassed buying condoms, and trying to hide them from my parents."

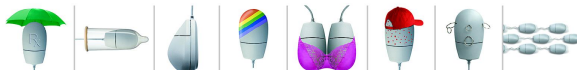
"I'd be embarrassed to use one."

"Condoms are gross; they're messy; I hate them."

"Just this once; we hardly ever have sex."

"I don't have a condom with me."

"They cost too much."



## Teacher Reference Sheet

### Possible Responses to Arguments to Have Sex

"I want to wait until I am married because of my religious beliefs."

"I am concerned about my reputation (being seen as "easy" or a tramp)."

"I am worried about getting pregnant."

"I am worried about STI's possibility of disease."

"I want to wait until we know each other better (lack of trust in your partner)."

"I personally believe in being abstinent while we're young. There is enough time for that later."

"I just don't feel ready"

"Not everyone is doing it. Only a minority have tried it and most don't do it regularly."

"Let's do other stuff rather than sexual intercourse."

### Possible Response(s) to Partner Objections

"Maybe I can help by keeping the condoms for you."

"Once is all it takes to get pregnant or to get an infection."

"I'd like to use a condom anyway. It protects both of us from infections we may not realize we have."

"Let's satisfy each other without having sex."

"Let's put sex on hold, until we have a chance to work out our differences."

"We can buy them together."

"Condoms may be a little awkward the first time, but it will get better."

"I'll get the condom - it'll only take a few minutes."

"I think we could get used to condoms after a while. With a little imagination, it might even be fun."

"I can help pay for them, or we can get them for free at a clinic."

"Millions of people are infected without knowing it. Isn't it better to be safe?"

"Maybe we're not ready for sex, if we can't talk about condoms."

"Embarrassment never killed anyone."

"I know how to turn you back on."

