

# Saying NO...it's easier than you think!

Sometimes a partner will try to pressure you into doing something that you really aren't comfortable with or ready for, like having sex. Here are some ways that you can back up and get them to back off.

Remember, It's your body!

Example: Brendan and Jesse are both 17 and have been school friends for years. They are at a party where they have been drinking. Brendan is feeling sexually aroused and wants to have sex with Jesse. She is not interested, and responds to Brendan's advances:

"I know we've been friends for a long time and I really like you, but I don't want to sleep with you... I don't like you in that way... I think we would spoil our friendship if we went to bed...I'd better get going anyway. Things are getting little too heavy here and I'm uncomfortable."

Here are some ways that you can communicate that you're not interested...

1. Say something caring

..I'm glad you like me, but...

..I like you too, but I'm not ready...

..Thanks for asking, but...

..I'm glad you asked first, but...

2. Say NO

..No, I'm okay...

..I care about you too, but No thanks.

..No, I don't want to...

..No, sorry.

3. State your reasons

..I'd rather...

..I'm not going to...

..I don't believe in...

..I've decided to...

..I've decided not

4. Suggest something else

..How about....

..Why not....

..How would you like to....

..Let's do "x" instead...

Hey, you don't even HAVE to give a reason. You don't need to argue. If it doesn't feel comfortable, respect your OWN feelings, and just leave.