

Saying No, Hearing

Heavenly Father loves us and wants us to be safe! Saying no when we need to and respecting others when they tell us no are ways we can keep ourselves and others safe.

Sometimes you need to say no in a nice way.



"No, thank you. May I please have water instead?"

Now it's your turn!
Imagine you need to say no in a nice way. What could you say?

Sometimes you need to say no in a stronger way.



"I don't want to see that! We shouldn't be looking at it."

Now it's your turn!
Imagine you need to say no in a stronger way. What could you say?

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Sometimes people tell us no to help us stay safe and healthy.



"Sorry, you can't go. It's not safe."

Sometimes people tell us no when they feel uncomfortable.

Now it's your turn! Imagine an adult tells you no and you don't like it. What should you do?



"Stop! I don't like this game."

Now it's your turn! Imagine someone asks you to stop doing something. What should you do?

What if people don't listen when you say no?
What if they hurt you or do something mean?

- ★ Walk away if you can.
- ★ Tell an adult you trust about what happened.
- ★ Remember that it's not your fault.
- ★ No matter what happens, know that your Heavenly Father and Jesus Christ always love you!