

Outcome

I can practise ways to say no and tell a trusted adult if someone ignores my boundaries.



Ground rules

Do not be shy ask anything I am here to help.

No shouting out: raise hands

Speak one at a time

Listen to each other

Respect each others' opinions

Contribute to the sessions

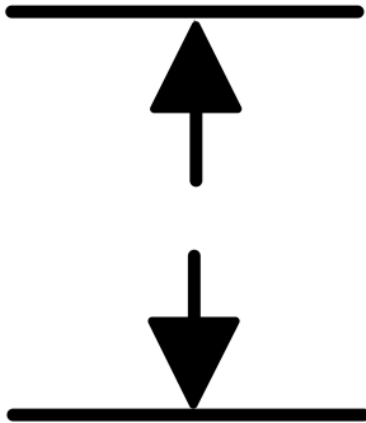
Any personal questions that you may have will be answered at the end and there is an “ask it basket” to add any further questions.



What is a boundary?

Boundaries define our limits and what is acceptable for us at any given time.

They also refer to the personal space we need to maintain healthy connections in our relationships.



Do we always want the same things as our friends?

It's typical to have lots **in common** with our friends.

Sofia and I often want to do the same things! We enjoy playing the same games, watching the same films and when we work together in class, we have similar ideas.



Izzy

However, sometimes we want **different** things from our friends and the people around us.



Sofia



Do we always want the same things as our friends?

Sometimes we have to say 'no' to people when they want to do something that we don't want to do.

Saying 'no' can help us to **stay safe**.

It can help us to **stay comfortable** too.



Laura

What examples can you think of?



Do we always want the same things as our friends?



Jack

I've said 'no' to my friends before when they have wanted to play an **unkind joke** on someone else. I said 'no' because what they wanted to do made me feel **uncomfortable**.

Saying 'no' can be hard but it's often better than doing something that makes us feel **uncomfortable** or unsafe.



Isaac



Task A

Do we always want the same things as our friends?



Why might Alex want to say 'no' in this situation?

Why don't we sneak out and go to the park this evening? We could even trick Jake into meeting us at a **different** park. It'll be really funny!



Alex



Task A

Do we always want the same things as our friends?



Why might Alex want to say 'no' in this situation?

Your answer could include:

Alex might want to say 'no' in this situation because it is not safe to go somewhere without trusted adults knowing where he is. The person has also suggested doing something unkind to Jake which Alex might not want to do.



Alex



Lesson outline

Why saying 'no' is important



Do we always want the same things as our friends?



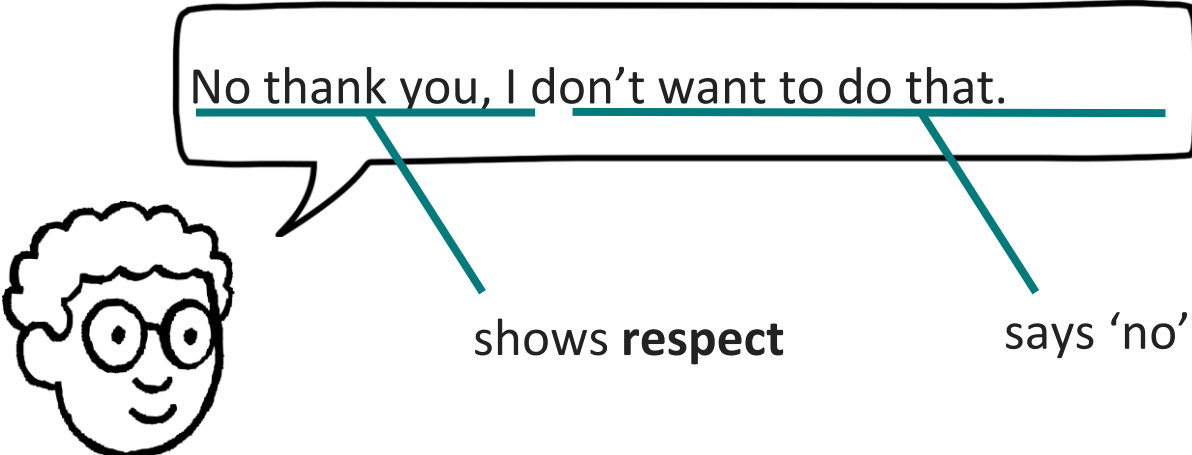
How can we say 'no' firmly and with respect?



How can we say 'no' firmly and with respect?

It is **always** ok to say 'no' if we don't want to do something that makes us feel unsafe or **uncomfortable**.

It is important to say 'no' **firmly** and with **respect**.



No thank you, I don't want to do that.

shows **respect**

says 'no' firmly and clearly

Alex

When we say 'no' with **respect**, we're **not** being unkind.



How can we say 'no' firmly and with respect?

When we say 'no' firmly, we are leaving **no doubt** about what we are saying.

No, thanks. I'll do something else.

No, I'm good, thanks!

No, thank you!

I won't do that. How about this instead?



How can we say 'no' firmly and with respect?



Which option shows saying 'no' firmly and with **respect**?

a

No! That's stupid. Why would you ask that?

b

No, thank you, I won't do that.



How do you know?

This option says 'thank you' which shows **respect** and says the word 'no' clearly.



How can we say 'no' firmly and with respect?

Sometimes, we **need support** to say 'no'.

We might want to speak to a **trusted adult** to help us to say 'no'.



Ms Walsh

If we feel like we aren't able to say 'no' ourselves, trusted adults can help us to do this. This is especially true if we feel unsafe or **uncomfortable**.

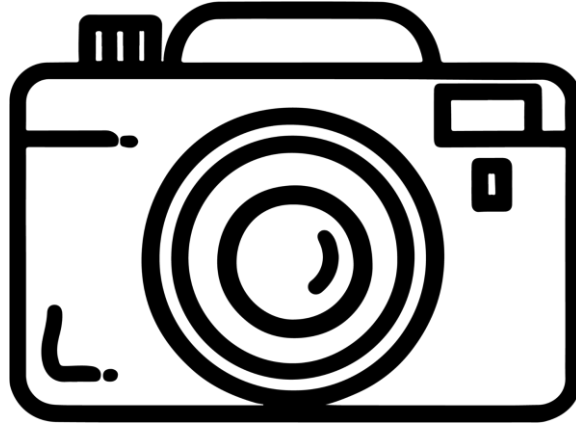


How can we say 'no' firmly and with respect?

Respecting someone's 'no' is always important, but there are some situations where it is especially important. For example, when it comes to:



physical touch



sharing photos



personal information



Summary Why saying 'no' is important

It's ok to want **different** things to our friends and the people around us.

Sometimes, we may need to say 'no' to people, especially if we feel unsafe or **uncomfortable**.

It can be hard to say 'no' but, with practise, we can say 'no' in a firm way that shows **respect**.

We can get support to say 'no' from trusted adults. If we're not heard, keep asking or find another trusted adult until someone listens.

Good friends always **respect** us when we say 'no', particularly around physical touch, sharing photos and personal information.



Where to get support

Childline

A website and phone line which is able to offer confidential advice and support.

CEOP

CEOP helps protect children from online abuse and exploitation.



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