No Way!

Say `no` to people who make you feel angry! Record three things that have made you feel upset or angry:

1	2	3

A good way to say `no` is to tell the other person how you feel and to tell them what you want. For example, `I feel angry when you tease me and I`d like you to stop it now.` Now write a `no` message for each:

1 _____
_____

2 _____
_____

3 _____
_____

STOP

Stop and think!

It is important to say `no` calmly. Think about how your voice sounds and how you stand. Use role-play to practise your skills.