

The Dare

Scenario: Your friend dares you to take a pencil from another student's desk without asking, saying, "Come on, it's just a joke!"

Your Task: Practice saying "no" in a way that's respectful but firm.

Helpful Phrases:

- No thanks, I don't feel okay doing that."
- "That's not funny to me. Let's do something else."

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Teasing Pressure

Scenario: A group of classmates is teasing another student and says, "Join in or we'll think you're weird!"

Your Task: Practice standing up for what's right without being mean back.

Helpful Phrases:

- That's not cool. I don't want to be part of that."
- "Let's stop. It's not kind."

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Running in the Hall

Scenario: Your friend says, "Let's race down the hallway! Don't be boring. No one will catch us!"

Your Task: Practice saying no respectfully and suggesting a better idea.

Helpful Phrases:

- "No thanks, I don't want to get in trouble. Let's wait until we're outside."
- "Let's walk and talk instead."

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Lying about homework

Scenario: A classmate says, “Just tell the teacher you finished your homework so we can go play sooner.”

Your Task: Practice refusing while showing responsibility.

Helpful Phrases:

- “I can’t do that. It’s not honest.”
- “I’d rather tell the truth. We can still play after.”

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Extra Snacks

Scenario: Your friend says, “Grab an extra snack from the cafeteria and hide it in your bag. Nobody will notice!”

Your Task: Practice saying no kindly, but clearly.

Helpful Phrases:

- “No, I don’t feel right about that. Let’s just take what we’re allowed.”
- “I don’t want to get in trouble. Let’s do something else.”
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