

REAL WAYS TO SAY NO

WITHOUT THE AWKWARD

✨ Have a Reason Ready— Saying "no" is easier when you've got a reason. Be real—whether it's sports, goals, family, or just not your thing, keep it honest. People respect that.

☺ Use Your Whole Vibe— It's not just what you say—it's how you say it. Stand tall, make eye contact, and speak with confidence. Your body can say "no" even louder than your words.

♥ Show You Care— Let them know you're not judging—you just care. Try, "I don't want you to get in trouble either" or "I want us all to stay safe."

🎯 Offer Something Better— Switch it up. Suggest something fun, chill, or safe to do instead. You're not just saying "no"—you're leading the group in a better direction.

👉 Make a Move— If the pressure's too much, bounce. Walk away, leave the chat, change the scene—whatever it takes. That sends a clear message: you're not changing your mind

REMEMBER

NO IS A FULL SENTENCE