



# Saying No to your friends

Top Tips from



1

Say NO with confidence

Be assertive. It's your choice and you don't have to do something which makes you feel unsafe or uncomfortable.

2

Try not to judge them

By respecting their choices, they should respect yours.

3

Be with friends who can say 'no'

It takes confidence and courage to say no to friends. Spend time with other friends who also aren't taking part.

4

Suggest something else to do

If you don't feel comfortable doing what your friends are doing, suggest something else to do.



Childline:

<https://www.childline.org.uk/>



Kooth:

<https://kooth.com/>



Staying Safe Online:

<https://www.thinkuknow.co.uk/>

Any child worried about peer pressure or online worries can contact **Childline** on 0800 1111.