

The background features a dark grey gradient with vibrant, multi-colored splatters in shades of teal, purple, and brown. A large, pink, hand-drawn style oval is positioned on the right side of the slide, partially overlapping the text.

Knowing about “No” how to Say No!!

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Sorry is not the hardest word....

No is....

- **When we are overwhelmed we may not know how to set limits or get what we need from those who place demands on us and our children.**
- **If your home is feeling out of control and the demands of the school or your life are too much you need to make tough decisions every day.**
- **We are all in this together but no one knows what**

How many ways can you say No?

- **We all say "no" in our own ways.**
- **Ignoring a call**
- **Refusing to answer an email.**
- **Calling to yell at someone who is demanding too much.**

Passive "NO"

- **Saying no is often easiest to do when we do NOTHING.**
- **If you are feeling embarrassed or uncomfortable saying that you can't do something or don't know how, you may just avoid contact or fail to communicate.**
- **Feeling unskilled or overwhelmed makes everyone**

Active "NO"

- **Telling someone you can't or won't do something directly.**
- **Calling to yell at someone.**
- **Sending a refusal email or text.**

Saying no without saying “no”

- **Yes. I heard your request, and I'll do that some other time.**
- **I don't know how to do that now, but maybe can work on it later.**
- **I'm not ready yet.....Ask me again in a week.**

It's ok to say NO

- **Self-care comes first.**
- **Academics are not the most important thing in our lives.**
- **If you are working or caring for multiple children, or both you may have no time currently.**
- **Everyone's situation is different and you may not be able to do something now.**

Best practices

- **Responding to requests is always better than avoidance or refusal.**
- **You can say no without having to share your life details.**
- **Asking for help or alterations to demands for your child is OK.**

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Best practices

- **Everyone is overwhelmed, so think before you yell or attack via messaging.**
- **Don't be afraid to offer alternatives to assignments that are practical (chores, projects, child care help).**
- **Focus on the activities your child finds interesting first and share that info rather than going quiet.**
- **Teachers are not going to fail students who communicate**