

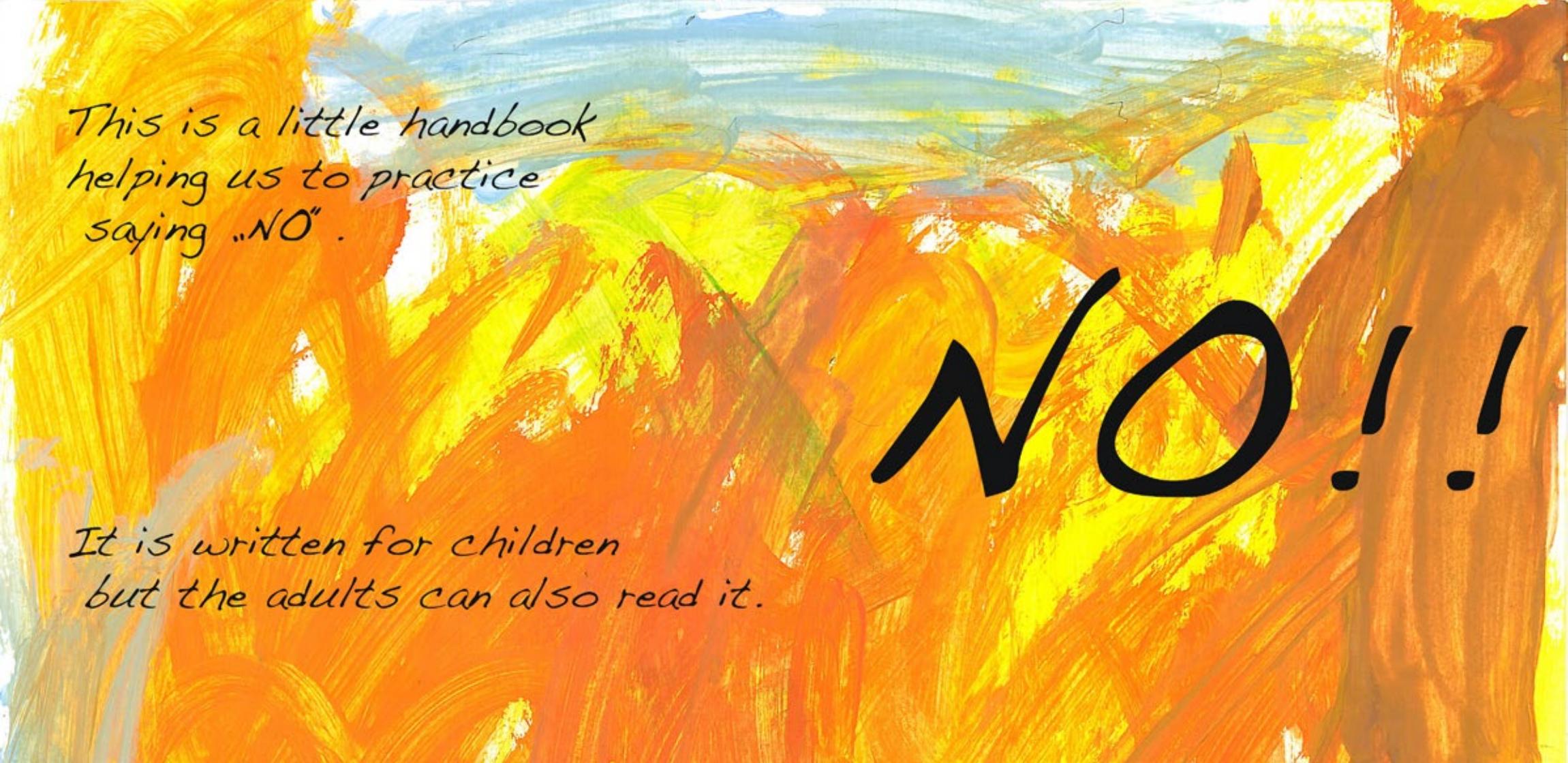
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How to say

NO

RESCUR
PROJECT



This is a little handbook
helping us to practice
saying "NO".

It is written for children
but the adults can also read it.

NO!!

„We do not want to teach children to be rude!
We so not want to teach them to be disobedient“.

NON
NEIN
NO

„What a pity!“



„We want to give children a lot of ideas that will help them to stand for themselves!“



„No!
Will I make my parents angry with this?“



„You will not!
Although they would perhaps rather read a book „How to say YES!“

NE



NO is a two letter word
present in all dictionaries."

NO

NO IS NEGATION WORD WHICH WE
USE WHEN WE DISAGREE WITH SOMETHING
OR DO NOT WANT TO DO SOMETHING WE
ARE ASKED TO DO.

„Everybody can say NO!

- From the smallest

noooooooooooooo.



to the biggest .

Even babies can say NO
in their own way!

Nooooo

„When small children discover word NO
they would love to say it non-stop.“



Sometimes it is easy to say NO!



No, Ron, do not take my slipper!"

Do you have
a paper
tissue?

"No!
I do not have it"

Thanks!



Are you going
to school?

"No, it is holiday today!"

THESE ARE THE SITUATIONS
WHEN WE SAY NO WITHOUT
DELIBERATING AND WITHOUT
PROBLEMS.

NO!



Sometimes
IT IS REALLY
RECKLESS
TO SAY

NO!

To friends:

„No! I do not want to
play with you!“

... Because we have fun playing together



To parents:

„No! I do not want to
help you to tide the room!“

... Because it is important
that we help each other



Sometimes it is useful to say NO!



„Please tell me what you got me
for the birthday, sis!“

- „No, I will not!“

.... Not to spoil the surprise

„Look what I have bought for you!

I hope you have not already got it
from somebody else!“

- „NO, I have not. Thank you, granny!“

.... Not to offend somebody



„Take more!“

- „No, I can not because I am not hungry any more!“



Although parents are often right, sometimes we have to remind them that they can not always know what we need. This is when we are allowed to and should say NO!

It is difficult to say NO when somebody forces us to do something



„Go to sleep immediately!“

„No, I can not because I am not tired yet!“



BUT
SOMETIMES
IT IS VERY
IMPORTANT
AND VERY
DIFFICULT
TO SAY NO.

No!



It is difficult to say
NO when somebody is
too nosy and pushy

WE HAVE
RIGHT TO SAY
NO TO THOSE
WHO BOTHER
US WHEN WE
BRUSH UP,
GET READY,
GET DRESSED,
HAVE A
BATH.....

"Do you want me to
help you change?"



WE HAVE
RIGHT
NOT TO SHOW
OUR BODY.

No,
leave me
alone!~

IT IS ESPECIALLY
IMPORTANT TO SAY
NO TO THOSE
WHO WE DO NOT
WANT AROUND!!!



We are afraid to
say NO!
When somebody is
violent to us

"You have not studied enough again!
I have never seen such a lazy girl!" -

NO!

It is not true.
I have studied a lot
but I have not
understood!"



It is difficult to say NO
When somebody offends us

"There, there!"
- No! You should
not hit me!



When the adults jeopardize and discourage us,
we have to oppose them.

If we have difficulties saying NO,
it is important to ask help from friends
and the adults we trust.

Nobody has right to hit and offend us and we have
to find a way to say NO to such behaviour.

..YOU KNOW VERY WELL THAT IT IS ALL YOUR DAD'S FAULT!" "YOU KNOW VERY WELL THAT IT IS ALL YOUR MOM'S FAULT!"



..NO! I do not know!

It is between
two of you!"

It is difficult
to say NO

When they want
to involve us in
fights and arguments

WE HAVE RIGHT TO SAY NO
TO THE PERSONS WE LOVE.
THAT DOES NOT MEAN THAT
WE ARE DISOBEDIENT.
CHILDREN DO NOT HAVE TO
AND SHOULD NOT PARTICIPATE
IN THE FIGHTS BETWEEN THE
ADULTS, EVEN WHEN THEY
ARE THEIR PARENTS.



EVEN WHEN WE ARE BORED AND
WANT TO HAVE FUN,
WE HAVE TO SAY NO TO THE SUGGESTIONS
WHICH ARE DANGEROUS FOR
US AND OTHER PEOPLE.
IT DOES NOT MEAN THAT WE ARE BAD
FRIENDS IF WE OPPOSE BAD IDEAS.

It is difficult to say NO
When somebody persuades
us to do something stupid

“Come on, let's light the fire in
the wood!”



“NO!
Are you out of your mind?
Do you want to start a
forest fire!”

“Let's steal an ice cream!”



“NO! What is wrong with you?
Do you want to be caught
by police?”

“Let's play with a ball.
This is fun too!”



WE HAVE RIGHT TO OPPOSE OUR FRIENDS. SOMETIMES
WE NEED A HELP OF THE PERSONS WE TRUST.
WHEN WE NEED SUCH HELP, WE HAVE TO ASK IT WITHOUT
DELAY OR FEAR.

It is difficult to say NO

WHEN SOMEBODY PERSUADES
US TO DO SOMETHING STUPID



..I need this CD -
..No! I should not
take it without
asking for it!"

"I would like to
stop learning and
watch movie!"

"No! I should
not take it
without asking
for it!"

It is difficult to say NO.
To self when we want to do
something we know that
we are not allowed to and
when we feel bad.

It is important to say NO to self
when we are tempted by something,
when we want to do something we
may be sorry for afterwards.
We need to say NO to ourselves even
if nobody sees or hears us.



The above were the examples of situations in which you can, need and must say NO.

You have certainly remembered some other situations when you wanted to say NO but did not dare to.

Next time, in such situations you can Listen to your small inner voice saying ..No!" .

Prepare in advance to say NO. Write NO on a small piece of paper which you put in your pocket to give you courage!

Practice saying NO in your room....Say it quietly, than loudly than even more loudly!!!

NO, NO, NO ...

If you do not have loud voice, say it quietly but firmly.



If you cannot say No alone,
find somebody you trust,
an ally that can help you.

... Your father,
mother,
grandfather,
grandmother,
your friend,
older sister,
friend,
teacher,
neighbour,
social worker,
doctor,
older brother...

Knowing to say NO,
Is important for life,
yourself and others.
No makes us stronger.

No protects us
And makes
people
respect us.



NO HELPS
US TO
GROW UP!



and the world
is full of love.
I sing your name,
Lord Jesus Christ,
and I thank you
for your love.



Lord Jesus Christ,
you are my savior.
You are my king.
You are my judge.
You are my teacher.
You are my friend.
You are my God.