

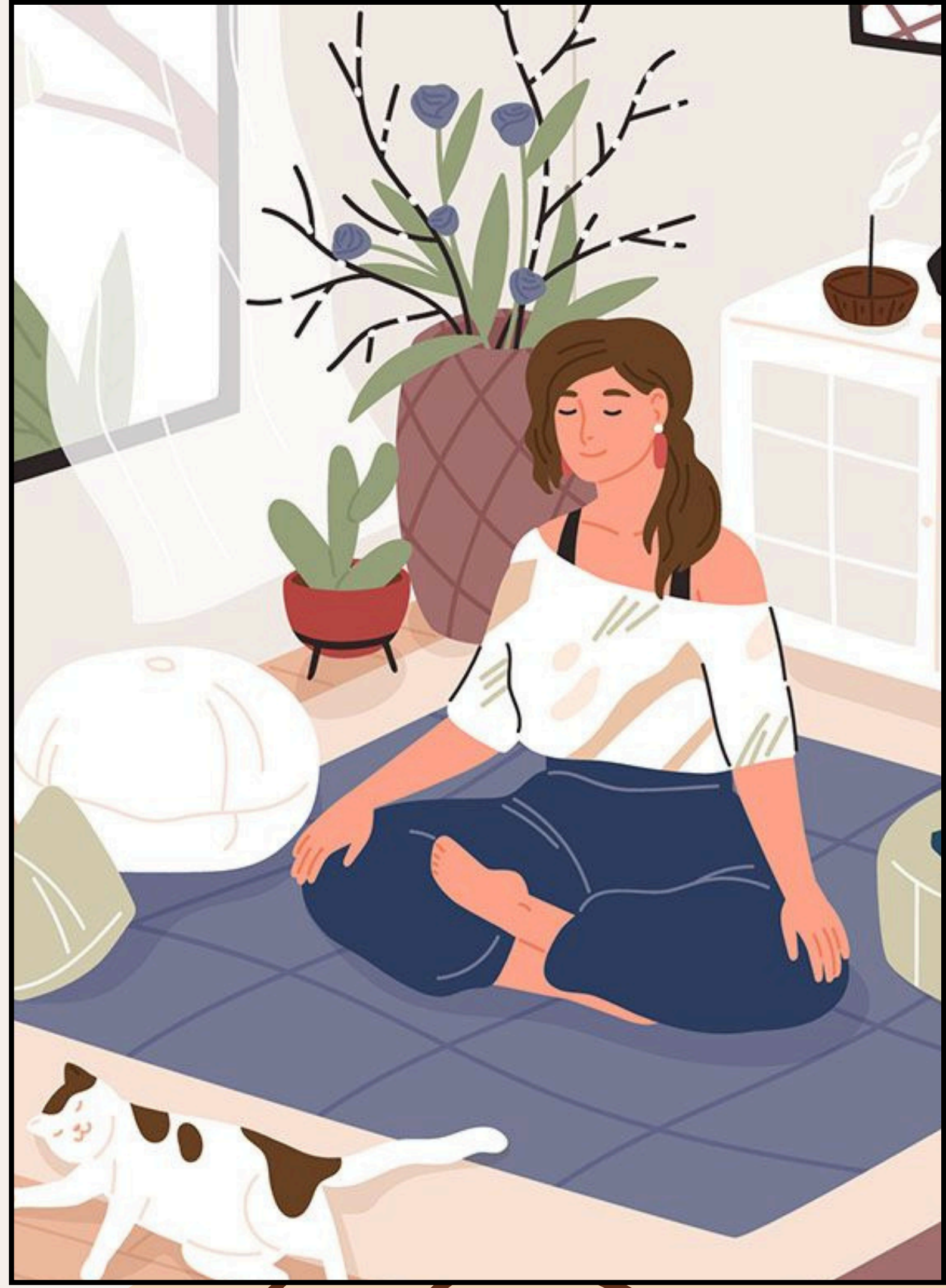
**"RESPECTING YOURSELF:
THE STRENGTH TO SAY
NO"**

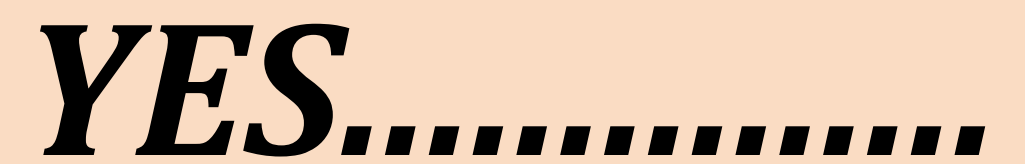


INTRODUCTION

***Opening Question:** "Have you ever felt pressured to say yes, even when you didn't want to?"*

***Objective:** To help teen girls understand when and how to say no, and why it's important for their mental and emotional well-being.*





THE POWER OF SAYING “NO”

Self-Respect: Saying no is about valuing yourself and your limits.

Confidence: It takes strength to stand up for what you believe in.

Preventing Burnout: Managing your time, energy, and mental health.

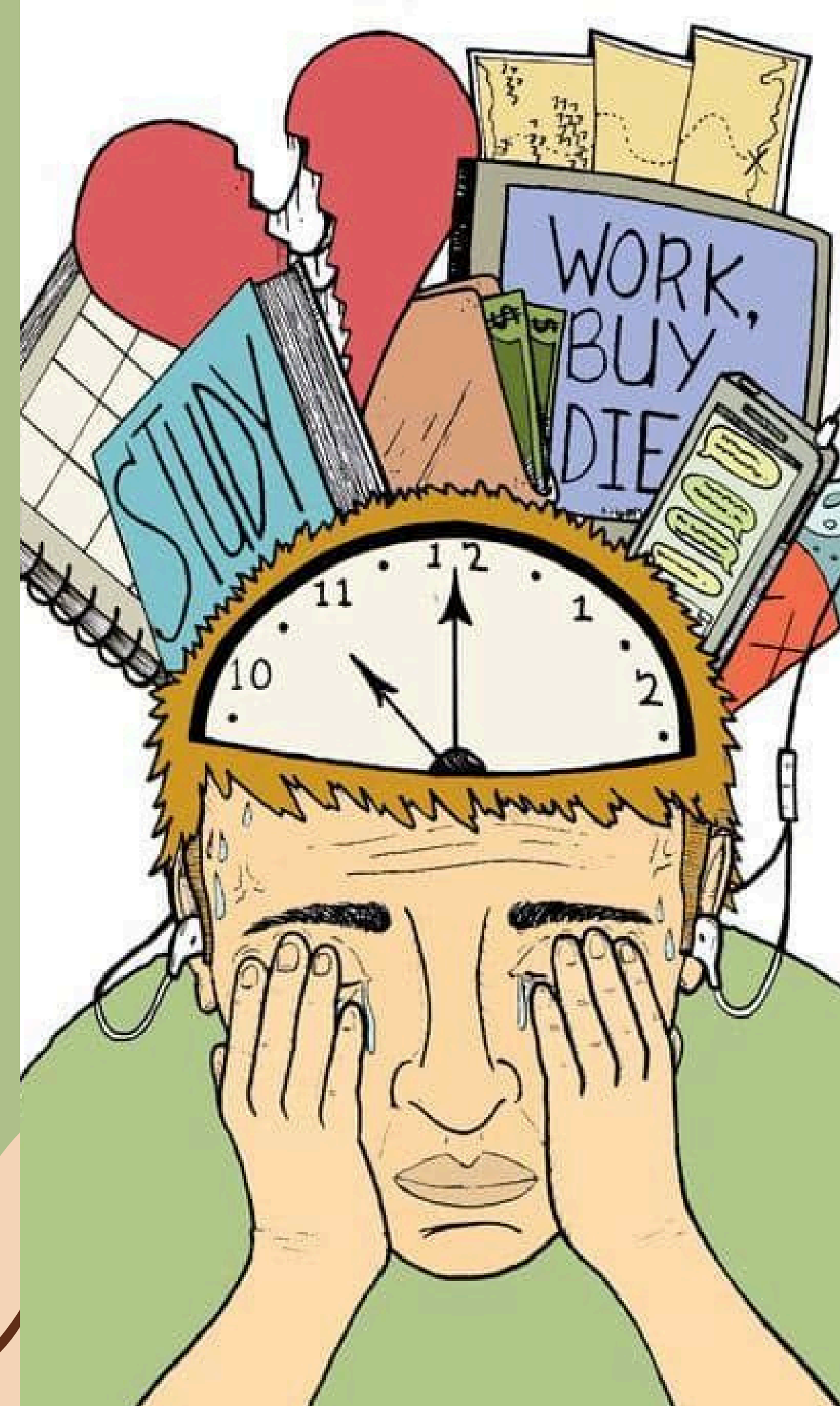
Healthy Boundaries: Teaching others how to treat you.






SITUATIONS WHERE TEENS
FEEL FORCED TO SAY YES

- ***Social Media Challenges:*** Feeling the pressure to participate just because everyone else is.
- ***Friend Favors:*** Saying yes to things that make you uncomfortable (e.g., covering for a friend, helping when you're already overwhelmed).
- ***Romantic Pressure:*** Agreeing to things in relationships because you feel you should.
- ***School Activities:*** Joining clubs or doing extra work that you don't really want to do.





WHY SAYING YES WHEN YOU WANT TO SAY NO CAN BE HARMFUL?



Losing Your Authenticity: You start living according to what others want, not what you want.

Resentment: Saying yes too often can make you feel bitter or frustrated.

Stress & Anxiety: Overcommitting yourself leads to unnecessary pressure.

Hurting Friendships: If you're always saying yes, your friends may not respect your true feelings.



EMPOWER YOURSELF - **YOU'RE IN CONTROL!**

***Think Before You Say Yes:** Ask yourself: Do I really want this? Do I have time? Will it make me happy?*

***Set Boundaries Early:** It's easier to say no when you establish your limits from the start.*

***Stand Tall:** Saying no is a sign of strength, not weakness.*

***Surround Yourself with Support:** Friends and mentors who respect your boundaries are essential.*



***"Saying no to
something is actually
saying yes to what
truly matters."***

