

"Speaking Up" and Saying "NO" cards



Assertiveness is an important skill to have for the purpose of educating another person what one's emotional, physical, or social needs are.

Whether it be in individual counseling, group therapy, a student in distress, or a classroom discussion, when not comfortable answering a question, engaging in a specific activity, or uncertain how to problem solve, the participant is encouraged to use one of the **"Saying NO" or "Speaking Up" cards** to help give the user permission to disagree, set limits, and teach other people when they are uncomfortable in a situation.

Directions:

After laminating and cutting the cards out, you may use them in one or more of the following ways:

1. Place them in a jar to be picked out when needed, for example, when a student shares with you a friendship problem they are having, you may ask them to look at the cards and identify which of the cards would be helpful in responding.
2. Tape them to Popsicle sticks to be held up when needed, for example, in a counseling group when they are called on next.
3. Glue them to magnets to use as reminders
4. Lay them out to be sorted through to for journaling prompting, role playing, or class discussion for problem solving.
5. Use in response to reading any of the pink font scenario cards.

Card Deck also includes: I messages script

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Kind feedback welcome at [teacherspayteachers.com/mentalphilis](https://www.teacherspayteachers.com/mentalphilis) 😊

Boundary Cards

I'm not cool talking
about this. Let's
change the subject.

No-
Can-Do

Not this
time,
thanks!

I'm sorry,
but I don't have any
extra money to lend
you today.

Not now,
but ask
another time

I don't usually bring
extra, but if I do,
you'll be the
first to know.

I can't
but I'll owe
you one

Until I check,
let's assume
I can't

I want to hear your
story, but let me
finish first, okay?

Absolutely
Not

Boundary Cards

I don't want to get in trouble, so I'm not going to talk in class. Let's talk during lunch.

That won't work for me

That would just overwhelm me

I felt like you tried to embarrass me today, and I'm not happy. In fact, I'm pretty upset.

Sounds tempting, but I can't

I heard some pretty upsetting rumors, so we need to talk.

Try me again later

You broke my trust. I'm really mad, and I need time to calm down before we talk about it.

Nah. Thanks, though

I'm sorry, but I'm already busy then

Boundary Cards

I don't have the time to make the bracelet, but I can teach you guys how to do it.

No, but thanks anyway

Sorry, but let me know how it goes

It's not going to work out today; sorry. But maybe another time?

I appreciate the thought but I can't

I'm not comfortable lending it out for the day, but you can listen to it with me now.


I need to sit that one out

Uh-uh. Nothing Personal.

Oh, I don't like those kinds of movies. I'd go with you to see another type though.

I know my limits, so I gotta say no


Boundary Cards



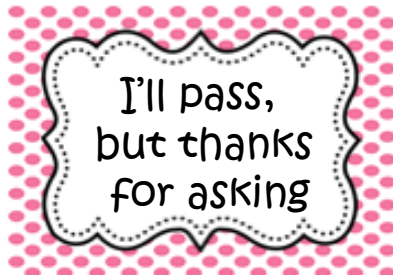
Thanks for
thinking of me!
It's just not my thing.




The timing is
not good.
I'm sorry



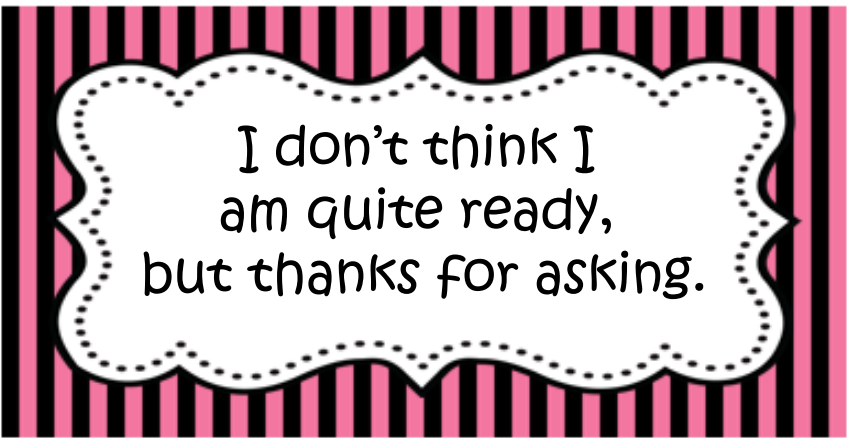
Thanks for
thinking of me,
but my family will
be out of town.




I'll pass,
but thanks
for asking




No thanks,
But that was
nice of you




I don't think I
am quite ready,
but thanks for asking.




That won't
fit into
my schedule



I promised
myself I would
never do that



I really appreciate you
thinking of me, but
I need to get some
rest this weekend.




I'm so busy
with school
work now


Needs and Boundaries Cards




I feel...
When You...
I need...
I appreciate...



Thanks,
I will have
to pass




I wish I
could, but
my schedule




I feel...
When You...
I need...
I appreciate...




I promised my
mom I would
spend time
with her




I feel...
When You...
I need...
I appreciate...




I'm unable,
but maybe
next time



Let me tell
you what I can
do instead



I feel...
When You...
I need...
I appreciate...



Let me
think
about it

Needs Cards

I need you to listen
without offering
me advice.

To Be
Listened
To

Advice
or
Feedback

I like you,
and I want to
be included.

A Hug

I just need some space
to chill out. I will seek
you out when
I'm feeling better.

Space
or
Time to chill

To be
Forgiven

I didn't want to hurt
your feelings. That was
not ok what I did, and
I'm sorry. Next time...

To feel
safe and
respected

Scenario Cards





Your friend wants
to hang out later,
but you are tired.



Your friend wants
to borrow your
necklace.



Your friend is
talking about an
uncomfortable
subject or topic.



Your friend
wants to borrow
money from you.



A Classmate
wants to eat some
of your lunch.



Your Classmate
interrupts you while
you are talking.




Your friend wants
to hang out later,
but you are tired.




You catch your
friend talking
behind your back.


Scenario Cards



You learn your friend was talking about you behind your back.



A friend keeps trying to talk while you are taking a test.



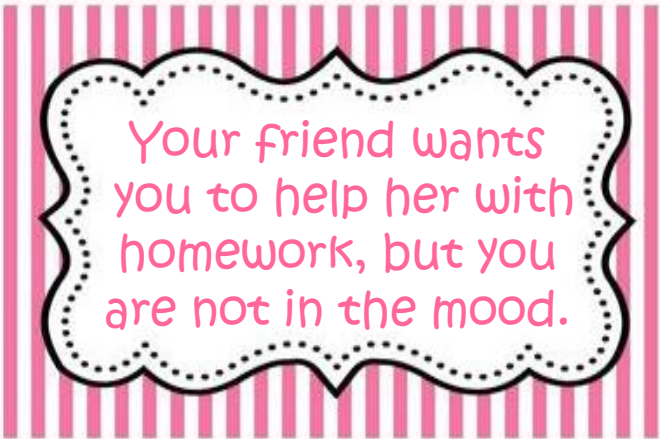
Your friend embarrassed you today in front of others.



A friend tells you what you are going to eat today.




Your friend asks you to make a bracelet just like the one you made.



Your friend wants you to help her with homework, but you are not in the mood.

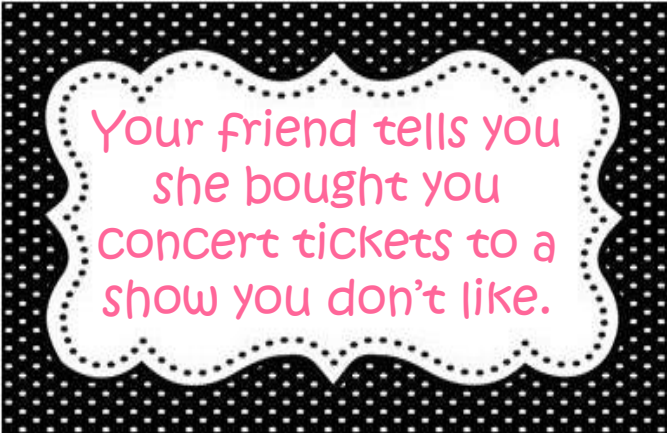


Your friend wants to borrow your CD player.

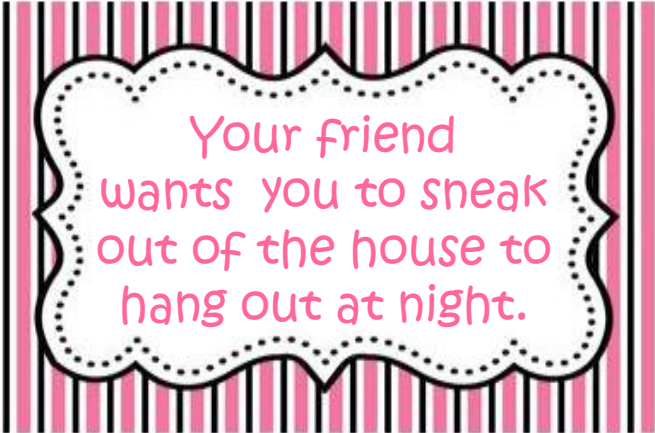


Your friend wants to see a scary movie with you.


Scenario Cards




Your friend tells you she bought you concert tickets to a show you don't like.



Your friend wants you to sneak out of the house to hang out at night.



A friend wants you to write a mean letter to another friend.



Your friend wants you to try out for a team you do not want to join.



Your friend asks to sleep over at your house this weekend.



Your friend asks for your homework, so she can copy it.

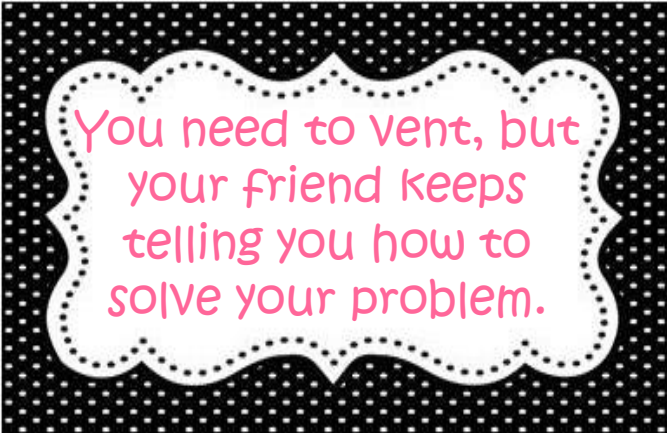


Your friend is talking unkindly about another friend you like.




Your friend asks you to start dressing more stylish at school.

Scenario Cards




You need to vent, but your friend keeps telling you how to solve your problem.



You want to hang out with your friend, but think she is ignoring you.




Your friend just made fun of you.



Your friend wants to make up with you, but you are too upset.



Your friend wants to talk with you, but you are upset & want to be alone.



Your friend tells you she is upset with you for how you treated her.



A friend wants you to bring your mom's make-up to school.



A friend wants you to stop being nice to the new girl.

Scenario Cards