

NAH, I'M GOOD

DAY 4 STORYTELLER: MIKE CONLEY JR., NBA PLAYER

PUZZLE PIECE: POWER

It is easier to make good choices when you have a plan.

Knowing how you will respond in tough situations helps you stay calm and confident. Learning to say no puts you in control. When you speak up and stay true to yourself, you make choices that reflect who you are and what you believe in.

Refusal skills help you set strong boundaries, even when it is hard. They are what hold everything together.

DISCUSSION QUESTIONS

1. Why is it hard to say no sometimes?
2. What are ways to say no with confidence?
3. How can values help guide your choices?

