

How do I say "no" to sex?

Part 2 of a 3-part series



Auntie, how do I say "no" if someone wants to do something that ... I don't?

"Emma, your body is yours. You always have the right to say 'no' to anything you're not comfortable with."



If you love me, you would.

"Real caring never pressures. Even in a relationship, consent is needed."



"Some people drink before sex, but if you've had too much to drink and can't think clearly... that's different. You may not be able to give consent then."

Pressure looks like this:

Everyone's doing it.

You can't say "no" now.

We've done it before.

You owe me.

"When someone uses guilt or threats, that's called 'coercion'. You might feel scared or forced. That's not okay. Those are red flags."

Ways to say NO:

I don't feel like it.

No, I don't want to.

No, I'm not comfortable.

If you care, you would respect my choices.

Let's just hang out instead.

"You can talk about consent before doing anything. And you can change your mind or stop any time if something doesn't feel right."



Auntie, can you pick me up?

"If someone won't take 'no' for an answer, leave and ask for help. Talk to someone you trust."



Hey, buddy, didn't you hear her? She said "no".

"We're all learning how to have boundaries around our bodies, sex, and how to be in relation with each other. Have respect for those still learning."