



Saying “NO!”

(This game was inspired by a similar suggestion in Karin Melberg Schwier’s book *Sexuality: Your Sons and Daughters with Intellectual Disabilities.*)

This is a role-playing game. It will help you practice saying “No.” It will help you practice being clear about what you want.

Try acting out some of the situations. Talk about some of the others. Do this with a friend or family member. Don’t always play the same characters. Try being the “asker.” Try being the person giving the answer. The answer will not be the same for each scene.

If you do not use words, think about how you can say “No” without words. Practice doing this.

If you like this game take turns making up brand new scenes to try.

- 1) Your friend asks if you want to eat some fried spiders.

You say.....?

- 2) A classmate offers you drugs.

You say.....?

- 3) Your mom asks you to sing opera.

You say.....?

- 4) Your friend starts undressing in front of you.

You say.....?

- 5) Your dad asks you to drive the car with your eyes closed.

You say.....?



6) Someone wants to put their hand between your legs.

You say.....?

7) A classmate asks for your money.

You say.....?

8) Your brother asks you to kiss a frog.

You say.....?

9) Your sister asks you to listen to Elvis.

You say.....?

10) Someone who is not your support person or attendant comes into the shower with you.

You say.....?

