Make it sound like you.

A clear no. A pause. A way out.
Pick a situation: a vape, a photo, a dare, or a password. Try your words.

01 **A clear no**

02 **A pause**

03 **A way out**

A safe adult or place I could reach:

You deserve backup.

A trusted adult takes you seriously.
Try a counselor, teacher, nurse, coach, relative, or another adult you trust.

My backup plan

Someone I can text:

_____

A safer place I can go:

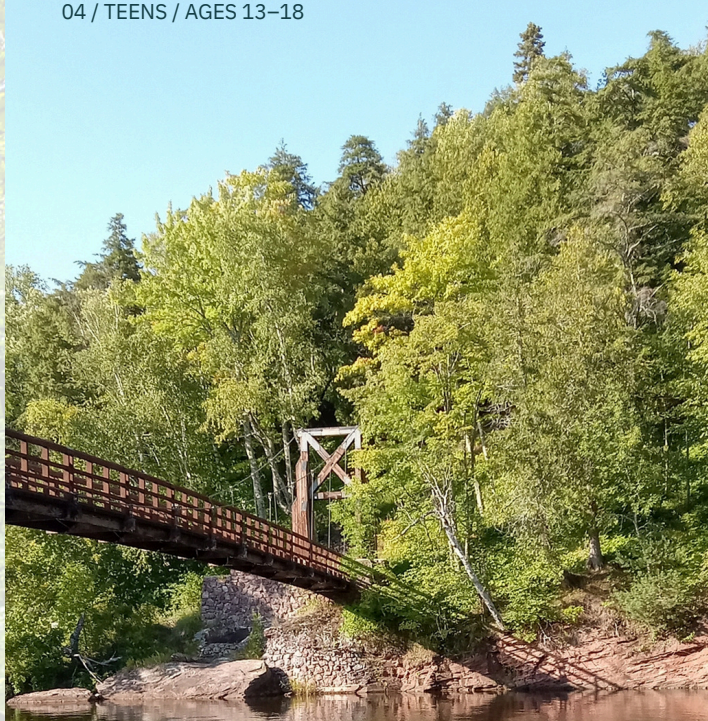
_____

988 Suicide & Crisis Lifeline
Call or text 988 for support in a crisis.
Immediate danger or medical emergency?
Call **911**.

Progress is Progress LLC

Mile or a Millimeter
www.progresscounselingprograms.com





You get to say no.

Your voice. Your pace. Your choice.
You don't need perfect words to stand by what matters to you.



READ THE MOMENT

Pressure isn't always loud.

It can sound like a joke, a dare, or a friend asking one more time.

"Everyone's doing it."

Being left out can feel rough. A group doesn't get to choose for you.

"If you were really my friend..."

Friendship doesn't require proving yourself by doing something you don't want to do.

"Just send me your password."

Your privacy is a boundary, too. You can keep your account details to yourself.

A joke can still cross a boundary.
Your discomfort is worth noticing.

KEEP IT SHORT



Find words that fit.

You can be brief. You do not owe a long explanation.



01 / A CLEAR NO

"No thanks. I'm good."

You can say what you mean.



02 / BUY SOME TIME

"I need a minute."

Pause. Check in with yourself.



03 / MAKE AN EXIT

"I'm heading out."

Leave the chat or go to a safe place.



Choose words that feel natural to you.

YOU CAN GET BACKUP



Your safety comes first.

If they keep pushing, you can repeat your answer if it feels safe.

Step away, end the chat, or mute or block if safe. Find a trusted adult who can help.





Changed your mind?

You can stop or change your answer, even if you already said yes.

If saying no feels unsafe, focus on getting to a safe person or place. You do not have to confront someone.

If you froze, stayed quiet, or went along because you were scared, it is not your fault.

You deserve support.

A mile or a millimeter.
One boundary is a step.