Lincolnshire Safeguarding Children Board

Saying No to your friends

Top Tips from ChildLine 0800 1111

1

Say NO with confidence

Be assertive. It's your choice and you don't have to do something which makes you feel unsafe or uncomfortable.

2

Try not to judge them

By respecting their choices, they should respect yours.

3

Be with friends who can say 'no'

It takes confidence and courage to say no to friends. Spend time with other friends who also aren't taking part.

4

Suggest something else to do

If you don't feel comfortable doing what your friends are doing, suggest something else to do.

ChildLine 0800 1111

Childline:
https://www.childline.org.uk/

kooth

Kooth:
https://kooth.com/

THINK U KNOW .co.uk

Staying Safe Online:
https://www.thinkuknow.co.uk/

Any child worried about peer pressure or online worries can contact Childline on 0800 1111.