5. If saying “no” makes you feel uncomfortable in front of people you know, blaming your host parents or another adult for your refusal can sometimes make saying no a bit easier.

6. Here are some more helpful hints for saying no effectively:
   - **Remove Yourself**: If you try these methods and pressure continues, simply walk away.
   - If you are concerned for your safety at any time, contact a trusted adult as soon as possible.
   - Remember, it is OK to directly refuse an invitation in the U.S. whether it is a simple request about whether you want to eat or do something or a request to engage in any kind of behavior, risky or not.
   - Saying “I’ll think about it.” “Maybe.” “I don’t know.” are not usually understood as “No”!
   - So, remember to use clear communication and appropriate body language as well.

**Activity: Practicing How to Say No! [SLIDE #24]**

1. Pair up participants and give them a strip of paper with a dialogue (#1-9).
2. Allow a few minutes for preparation.
3. Have all pairs act out the dialogue for the whole group.
4. You can also have students demonstrate how they might “say No” in their home culture.
5. After each skit, review why/how students “said No” effectively (ex: strong voice, direct eye contact, gave excuse etc.)

**Skits**

1. **A friend is inviting you to their house party while their parents are out of town:**
   - Friend: I am having a party on Friday and my parents won’t be there. Do you want to come?
   - Exchange Student: No thanks, I have a lot of studying to do.

2. **Your host mother asks you if you are hungry, and you are not:**
   - Host Mom: Would you like something else to eat?
   - Exchange Student: No, thank you. Dinner was delicious, but I am full.

3. **A friend you met at school offers you some marijuana:**
   - Friend: Do you want to go smoke some pot?
   - Exchange Student: No, I don’t want to.

4. **Your friend’s older sibling tries to lead you away after school:**
   - Friend’s sibling: Let’s go somewhere where we can be alone.
   - Exchange Student: No. My host mom will be here any minute to pick me up.
5. You go to your host grandparents’ house for dinner; they are serving steak and you are a vegetarian.
   • Host Grandfather: Would you like some steak?
   • Exchange Student: No, thank you; I don’t eat meat.

6. A person you met at school asks you to go to a school dance, but you have an AFS Orientation that day.
   • School Friend: Do you want to go to the dance with me?
   • Exchange Student: I’m sorry, I can’t. I have to attend an AFS event. But thank you for asking me.

7. You need to get home from a friend’s house by your curfew.
   • Friend: Come on; stay a little longer!
   • Exchange Student: No, my host parents are waiting for me.

8. Your friends are skipping the class before lunch in order to go get food.
   • Friend: Hey, do you want to skip class with us and go to McDonald’s?
   • Exchange Student: No, I can get in trouble with AFS for skipping school.

9. You are walking around with a group of friends when you meet your host brother, who has been at a party.
   • Host Brother: I am too drunk to drive. Will you drive me home?
   • Exchange Student: No, I don’t know how to drive a car.

Debrief
1. If you experience a situation that makes you uncomfortable, please talk to your host family or liaison about it.
2. Your host parents and Liaison can tell you if what you observed was acceptable behavior in this culture and explain why this is the case.
3. And remember, it is OK to say “No” politely, but directly in the U.S.