



The five types of NO

Teaching children and young people the different types of and ways to say 'NO' is very important and empowering. Types of NO include:

- 1**  NO is a playful no
e.g. "NoWay!" laughing
- 2**  NO is a 'manners' no
e.g. "No, thank you."
- 3**  NO is a firm, assertive no
e.g. "NO, you can't."
- 4**  NO is an angry no
e.g. "NO, I don't want to."
- 5**  NO is an EMERGENCY/DANGER NO
e.g. "NO! Leave me alone!"

Providing a safe opportunity for children to learn and express the 'NOs' is an assertiveness skill that will last a lifetime. It provides them with the understanding that, in an emergency, they have permission to break the rule and **BE NOISY!**