



# High School

## Home Connection

### Being Assertive and Refusal Strategies

Dear \_\_\_\_\_,

Today in class, we learned that a **refusal strategy** is a way to say no to something without just saying no. It's important to stay calm but assertive in these situations. Being assertive means being direct and confident without being rude or aggressive.

Please encourage your student to practice the refusal strategy at home and report on how it went.

Please do not hesitate to reach out with any questions or concerns.

Best,

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