





My superpower is **BIG**.  
It's hard to come by.  
It doesn't make me invincible,  
but it gives me control of my life!

You see, I learned a little word.  
And even though it's small,  
when I use it with authority,  
I'm the strongest of them all!





mmoh

go...



It may seem simple or easy at first,  
but trust me, it's *hard* to utter this word.

OK, OK, so you want to know  
the two-letter word that's helping me grow?



80000





That's right. I can say **NO**.

I can say "No! What you're saying is not true."  
I can say "No! I'm not comfortable with the things you do."





I can say "No! This is my personal space!  
Please respect me and walk away."



No comes in all shapes and sizes!  
You can say it loudly, or gently with kindness.







No,  
another  
time.

I'm not  
comfortable  
with that.

You can say it with respect  
and firmness in your voice.  
You can practice saying no  
so you always have a choice.



No can even keep you safe  
when someone tries to hurt you.  
You can yell "NOOOO," and run away  
and find a grownup to protect you.



Excuse  
me!

