

“WHAT PART OF ‘NO’ DON’T YOU UNDERSTAND?” **How to say no, without hurting their feelings.**

Many young ladies and gentlemen actually prefer to stay uninvolved sexually. The best way to avoid this ever happening to you is to set down the ground rules very early in your relationship. However, it is possible you will find yourself in a sexual situation because you did not establish the rules early on and/or because you do not want to reject your partner’s advances and risk hurting their feelings. So, what follows are some gentler ways to say “no.”

Above all else, when saying “no” make sure you do so assertively. Any hint of uncertainty in this area will lead to continued advances by your partner.

One technique of saying “no” is the “Broken Record” technique. You simply repeatedly say “no” until your partner finally gives up. You cannot substitute words like “not now,” “maybe later,” “I don’t think so,” etc. It will take a firm and consistent “no” from you for this to work.

Another technique is the “Sandwich” technique where you say “no” between two pleasant or complimentary comments. Something along the lines of “I really like you, but sex is out of the question. Your stories are so interesting, I just really enjoy spending time listening to you.”

Humor is always a great way to deal with a tense situation. If you find your partner pressuring you to have sex you simply agree, but under one condition. Your partner has to call your father or mother first and get their permission. The thought of that will most likely put an end to the pursuit.

Fear is not a bad tactic either. This one will work best for girls. If a guy is pressuring you simply relate the story of the time your dad almost killed a guy for scratching his car. Go on to wonder aloud what he might actually do to anyone who would damage his daughter.

Flatter your mate by telling them you have not had sex with anyone because you wanted to save it for them on your wedding night.

Ask your partner if they think you are worth waiting for.

One very important thing to remember, if you have made it very clear that you are not interested in a sexual relationship, and your partner continues to apply sexual pressure, then you are with the wrong partner. A partner who will not accept your desire to remain abstinent is not the partner for you.