



Grade 4: Rejection: When Someone Says “No”

Overview

This lesson discusses rejection and how to handle hearing a “no”.

Timing

45 minutes

Objectives

By the end of this lesson, students will:

- Define rejection.
- Identify when they might experience rejection.
- Know how to show respect when someone tells them “no”.

Standards

[Washington Health Standards](#)

H4.Se5.4, H1.Se6.4, H2.Se6.4a, H4.Se6.4, H7.Sa1.4

Materials Needed

- Computer/projector/speakers to display PowerPoint, including video streaming
- PowerPoint: 4th Grade Rejection Lesson
- Activity: 4th Grade Handling a “No”

Teacher Preparation

- Review Activity: 4th Grade Handling a “No” and be ready to make its questions visible to students such as on a white/chalkboard, on a screen, on cards you create.

Agenda

Introduction - 5 minutes

Slides 1 – 2

Introduce the topic and explain that this lesson will include discussion, a video, and an activity in which students will move around the room. Review the questions this lesson will answer.

Teacher’s note: There may be several survivors of assault in the classroom. Be sensitive to the fact that while discussing consent and rejection, some students may be activated. Make sure to identify resources including ways students can get support at school.

Teacher’s script is in the notes section of the Power Point.

Discussion - 20 minutes

Slides 3 – 12

Define consent and rejection. Watch the “Rejection: When Someone Says No” video and reinforce ideas in the video. Students learn how to show someone respect when they say “no.”

Teacher’s script is in the notes section of the Power Point.

Activity - 15 minutes

Slide 13

Ask students to stand in two lines facing each other and lead the “4th Grade Handling a ‘No’ Activity”. Facilitate a discussion in which students express their thoughts and feelings as the person saying “no” and the person hearing “no”.

Teacher’s script and instructions are on Activity: 4th Grade Handling a “No”

Closing - 5 minutes

Slides 14 – 16

Remind students that everyone experiences rejection, it’s a normal part of life! Discuss ways a student can access support at school. Invite students to identify a trusted adult.

Teacher’s script is in the notes section of the Power Point.

Vocabulary

Key words in this lesson:

- Consent – Agreeing to do something.
- Rejection – When someone asks or tries for something they want and they are told, “no”.
- Handling a no – Showing respect when someone tells you no.

Activity – on following page



Grade 4 Activity: Rejection Handling a “No”

Objective:

Students will practice showing respect when someone says “no” to them.

Materials Needed/Prep:

You may display questions #1-10 on the screen, write them on the board, or print them on cards (half the class will get questions #1-5 and half the class will get questions #6-10).

Teacher Instructions:

Direct students to get into two lines and face each other so each student is matched with another student. Students will have the opportunity to rotate or move down the line to interact with a new partner.

The students in Line 1 must say NO to the corresponding students in Line 2; they may say no however they want to (words, body language, explain why they’re saying no, etc.). **The student in Line 2 is the one practicing the skill.** They:

1. Ask the question; and
2. Show their activity partner that they are respectfully accepting the no.

Once the students practice the skill (using Question #1), the students in Line 2 rotate and move to the next person. Ultimately, they will practice the skill by asking Questions #1-5 to 5 different partners.

After five questions, the students switch roles. Now the students in Line 1 will be the ones to practice the skill by asking questions #6-10, then respecting the answer, while students in Line 2 say no.

Note for the students saying no: You **MUST** say no even if it’s something you want to do; this activity to practice a skill. Remind students that people saying no aren’t actually rejecting them, this is an activity with a purpose.

Questions:

1. Do you want to come to my house today?
2. Do you want to walk my dog with me?
3. Can you help me clean my room?
4. Would you want to go to summer camp together?
5. Do you want to have a sleepover at my house?
6. Can I borrow \$5?
7. Do you want to play this new video game with me?
8. Do you want a hug?
9. Can I touch your hair?
10. Do you want to play basketball with me?

Discussion Questions to Debrief with the Large Group:

- How could you tell that someone was telling you “no?”
 - Did they use their words or their body language?
- How did it feel for someone to tell you “no?”

- How did you respond when someone told you “no?”
- How did it feel for someone to respect your “no?”