

# Rejection: When Someone Says “No”

4<sup>th</sup> Grade Lesson

# Questions this Lesson Will Answer

- What is rejection?
- When might you experience rejection?
- How can you show someone respect when they say “no”?

# Consent

- Consent means agreeing to something
- In relationships, we give consent and ask for consent every day!

What does the  
word  
“rejection”  
mean ?

# Rejection

- Rejection is when someone asks or tries for something they want, and they are told “no”.
- Rejection is a normal part of life!

When you ask someone for consent, they may reject  
your offer by saying “no”

It's important to know what to do next

# Emotions

- Rejection can spark a lot of emotions.
- What are ways people feel when they hear a “no”?

# Get Ready

- We're about to watch a video about rejection.
- While watching, pay attention to how people in the video respond to rejection.



# Video

<https://vimeo.com/657623351/82cf31e713?scrlybrkr=154b9c70>



**HANDLING REJECTION**

# Examples

- What are some examples of when someone might tell you “no”?

What does it  
mean to  
“handle a no”?

# When someone tells you “no”

- Say “OK”
- Accept the decision of the person saying “no”
- Don’t try to change their mind

Activity

# Remember

- Rejection, or someone telling you “no”, is a normal part of life
  - Everyone experiences rejection and no one gets what they want all the time
- If someone tells you “no”, respect their answer
- Someone telling you “no” doesn’t mean you aren’t good enough it just means it didn’t work out this time

# Trusted Adult

- A trusted adult is someone you can talk to about things that are important to you
- You might talk to a trusted adult about something that made you feel scared
- A trusted adult is someone who would help you solve a problem, get help, and work to make you safe
- Can you think of a trusted adult in your life? Maybe several?

# Credits

- Slides created by Harborview Abuse & Trauma Center for Seattle Public Schools

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