



Sexual Assault Response Services *of Southern Maine*

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MESSAGES THAT MEAN “NO”

Sometimes people have a difficult time directly saying that they are uncomfortable with a sexual activity. Often, they deliver the message in an indirect way. However the “no” message is delivered, it must be respected. To ignore the message is to risk committing a crime and harming another person. The following are a list of spoken messages that mean **NO**.

“I don’t feel like it.”

“I don’t know.”

“I’m confused.”

“I’m scared.”

“I don’t want to go all the way.”

“I don’t want to get pregnant.”

“Let’s take our time.”

“I don’t like this.”

“I don’t want to get AIDS.”

“I don’t feel good about this.”

“It’s getting late.”

“I think I’ve had too much to drink.”

“I’m not ready.”

“Please!”

“I don’t know that I like you that much.”

“I know we’ve done this before but I don’t want to now.”

“I only do it with guys I really care about; I don’t know you well enough.”

“I don’t want to do more than petting.”

“Maybe.”

“I need to go home.”

Help, Hope, and Healing