Accepting No

Social Support Story



Includes Audio & Low-Ink Print Version

For Targeted Social Skills Support

Part of the Social Support Story Series

SCROLL to take a look inside

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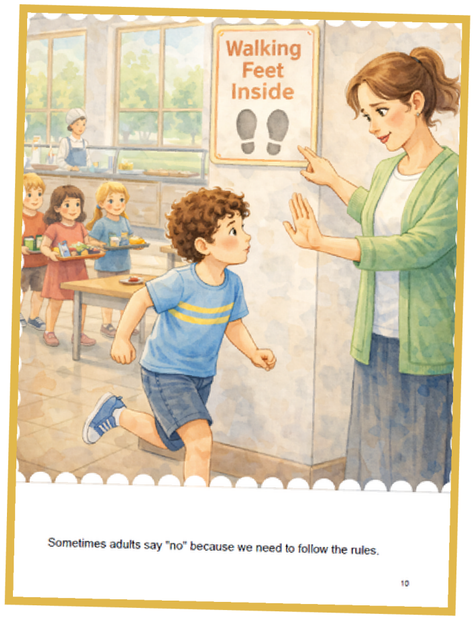
When Students Struggle with Accepting No

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Some students have difficulty accepting “no” even after repeated reminders.

They may not yet understand:

- ☑ why adults say no or set limits
- ☑ how their reactions affect others
- ☑ what they can do instead when they feel upset



★ Social stories can help students understand these situations in a clear and supportive way.

Why This Skill Matters

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- Difficulty accepting no can lead to frustration and behavior challenges
- Students may not understand that limits are meant to keep them safe and successful
- Learning to accept no helps students stay calm and flexible
- Explicit instruction makes these expectations clearer

How Social Stories Help Students

Social stories help students understand social expectations through clear language and predictable structure.

They can help students:

- ☑ understand expected behavior
- ☑ learn appropriate ways to respond
- ☑ build confidence in social situations

★ For many students, seeing a situation explained step-by-step makes expectations easier to understand.

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What Makes This Social Support Story Different

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This social support story goes beyond simply describing the expected behavior.

Students also see:

- how their actions affect others
- how others may respond to the behavior
- how relationships can be affected
- what they can do to repair the situation

★ This deeper understanding helps students apply the skill in real situations.



Help Students See the Impact of Their Behavior

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- Illustrations show how others feel in the situation
- Facial expressions and body language help students recognize social cues
- Supports discussion during 1-on-1 or small-group instruction
- Helps students connect actions with other's reactions

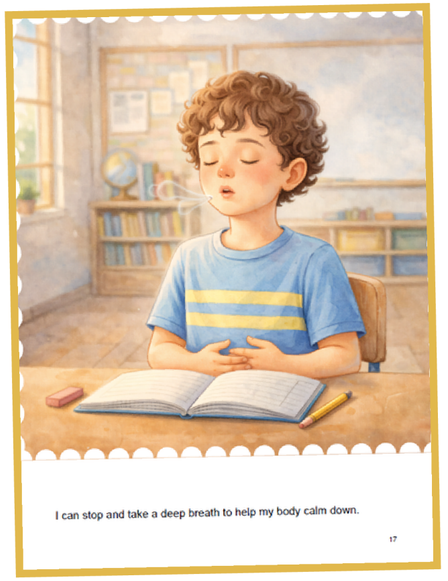




Teach Students What to Do Instead

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- Models calm ways to respond when they hear “no”
- Teaches students how to recognize and manage big feelings
- Includes language students can use to respond appropriately
- Reinforces flexible thinking and self-control



- Helps students practice emotional regulation, not just follow rules

Give Students Language They Can Use

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- Written in clear first-person language that students can internalize
- Models respectful ways to communicate with others, even when not getting what they want
- Reinforces positive self-talk for social situations
- Helps students remember what to do in real situations





Formats Included

- Full color social support story
- Black & white version for low-ink printing & home use
- Audio narration link for repeated listening and reinforcement
- QR code for easy access at school or home



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Use the Color Story for Instruction

- Ideal for 1-on-1 social skills instruction
- Works well for small group discussions
- Illustrations help students interpret social situations
- Supports guided conversation about behavior and relationships



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Use the Black & White Version for Instruction or Practice

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- Print a low-ink version for everyday use
- Send home for consistent reinforcement
- Supports carryover between school and home



Support Independent Listening with Audio Narration

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- Includes a link to a digital bookshelf with audio narration
- Students can listen while following along with the story
- Supports repeated exposure and skill reinforcement
- Ideal for centers, independent practice, or home reinforcement



How to Use This Social Support Story

- Use during 1-on-1 social skills instruction
- Read and discuss in small social skills groups
- Use in special education or general education classrooms
- Helpful for ABA therapy, counseling, or behavior support sessions
- Send home to help families reinforce the skill

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