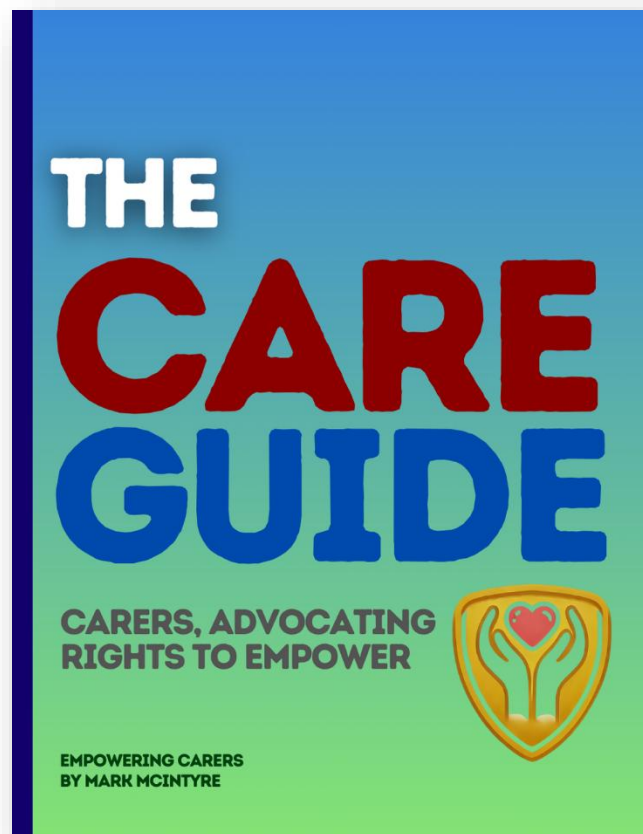


STORY 3

The Freedom to Say No

Reflection and Teaching Aid

Section B of The Care Guide – Advocacy Stories



Training Resource Sheet

Story 3 Breeze the Fairy: The Freedom to Say No

(From Section B – Advocacy Stories)

Story Summary

Breeze the Fairy is always helpful and says yes to everything, even when she feels uncomfortable or overwhelmed. Others begin to take advantage of her kindness. Eventually, she learns that saying no is not rude - it's necessary for self-respect and wellbeing. With guidance, she discovers that boundaries are not barriers, they are tools for protection and empowerment.

Training Focus Areas

1. **Understanding Personal Boundaries**
 - Why do some carers or service users struggle to say no?
 - How can saying yes too often lead to burnout or mistreatment?
 2. **Respecting the Right to Refuse**
 - How do we support service users in making their own choices?
 - What does consent really mean in a care environment?
 3. **Empowerment Through Assertiveness**
 - What is the difference between being assertive and being aggressive?
 - How can we model respectful boundary-setting?
 4. **Creating a Culture Where “No” is Respected**
 - How do we ensure colleagues and service users are heard when they express discomfort or decline something?
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Discussion Questions

- When have you felt pressured to say yes, even when you didn't want to?
- How do we respond when a service user refuses support or care?
- What language can we use to say no without causing conflict?
- How can managers and senior staff support a culture of healthy boundaries?

Practical Actions

- **Role Play:** Practise a respectful way to say no to an unreasonable request - from a colleague, a service user, or a manager.
 - **Reflective Task:** Think of one area where you need to set a firmer boundary. Write down a simple sentence you could use.
 - **Weekly Challenge:** This week, support a colleague or service user in expressing their preferences and saying no when needed.
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Key Learning Outcome

Saying no is not a failure to care. It is a key part of dignity, self-respect, and safe, ethical care. Everyone - staff and service users - has the right to set boundaries.

How to Use This Resource

Use this in team discussions, one-to-one supervisions, or boundary-setting workshops. The story provides a relatable way to explore a crucial part of both personal and professional care practice.

Date:

Time:

Place:

Name of presenter:

Names of staff in attendance:

Name of service users taking the lesson:

Feedback: