



## *Letters to Our Daughters*

### **No by Erinn Dhesi**

You're allowed to say no, you know  
Whether it's to other people or to yourself.

For some people, it's their first word.  
For some people, it's a word they never said enough.

There's a long line of women behind you who perhaps never said it enough.  
Try to change that.

It won't be easy.  
People don't like hearing it.

But there will be times where you'll be compelled to say it.

You'll want to say no when you don't want to wear those ugly shoes.  
You'll want to say no when you don't want to eat your peas.  
You'll want to say no when you're really just bored.

And those times, it will be really easy to say no.

But it's when you want to say no, and you feel like you can't  
Is when saying no really counts.

Remember, it's for your peace of mind and your safety.

I'll let you into a secret.  
By saying no, you're secretly saying yes to yourself.