



Rejection

What is Rejection?

Rejection is when someone says no to another person who asks them to take part in romantic, sexual, or other activities. Romantic/sexual rejection can be when a person does not want to go on a date, does not want to have sex, does not want to do sexual activities, and/or does not want to be a romantic partner.

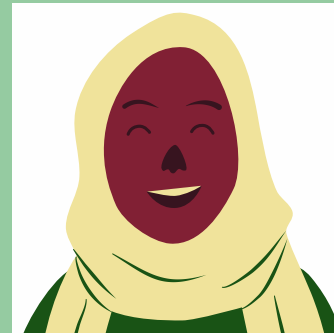
Rejection can happen in romantic relationships, sexual relationships, friendships, and any other type of relationship.

Rejection is a normal and common part of dating relationships and is something most people will experience throughout their life.



Rejection can be emotionally upsetting, confusing, and painful for people, but it is a part of life.

Rejection happens in both directions. A person may be rejected, or they may be the person who is rejecting someone else.



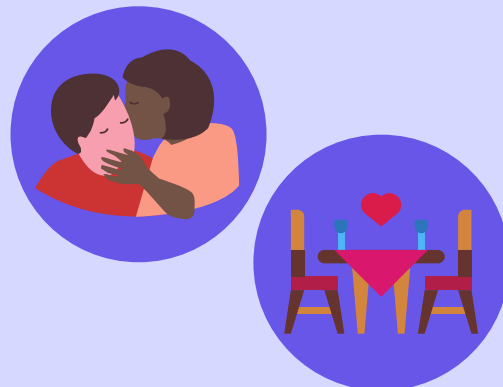
It is important to learn about rejection and learn strategies on how to be rejected and how to reject someone.



Rejection

Being Rejected by Someone

Rejection can happen to a person in many different ways. A person might be **rejected romantically**, meaning the person they like does not want to date them or does not want to be in a romantic relationship with them. A person might be **rejected sexually**, meaning the person they want to be sexual with does not want to be sexual with them.



When a person rejects someone, they might verbalize it by saying the word "no". However, there are many other ways a person can reject someone.



A person might not say the word "no", they may say something else to let the person know they do not want any kind of relationship with them. A person might not say anything, instead they may use body language to communicate they are not interested in the person.

It is important to recognize some of the different ways rejection might look, so the person being rejected can accept and respect the other person's choice.



Rejection

Being Rejected by Someone

Here are some examples of how a person might reject someone who wants a romantic or sexual relationship with them:

Rejection in dating might look like the person saying or doing:

- Saying "I'm too busy to hang out"
- Saying "I just want to be friends"
- Saying "I don't know..."
- Saying "Maybe some other time..."
- Saying "I'm seeing someone else"
- The person not giving any reply

Rejection in a relationship might look like the person saying or doing:

- Saying "I don't think we should see each other anymore"
- Saying "We should see other people"
- Saying "I'm not ready for a relationship"
- Saying "We need to break up"
- The person stops spending time with the other person
- The person stops answering phone calls or messages

Sexual rejection might look like the person saying or doing:

- Saying "I'm tired"
- Saying "I don't know..."
- Saying "I'm not ready yet"
- Saying "We should slow down"
- Saying "I'm uncomfortable"
- Saying "Let's watch a movie instead"
- Saying "Don't touch me"
- Saying "I don't want to"
- Saying "I don't like you in that way"
- Saying "I have to go home now"
- The person turns their body away from the person
- The person "freezes" and is very still
- The person pushes the other person away
- The person leaves
- The person changes the subject to something non-sexual



Rejection

How to Handle Rejection

Being rejected can be emotionally painful. When handling romantic or sexual rejection, it's okay for people to take time to understand their feelings. Getting rejected does not mean there is something wrong with a person, it just means the people were not a good match for each other.



When a person is rejected, they do not need to take it personally! There are many reasons why someone might reject someone romantically or sexually, and that's okay!



No one has to go on a date, be in a relationship, or have sex with someone if they do not want to. It is their choice, and it must be accepted and respected by the person who was rejected.

When someone is rejected it is **not appropriate** or okay for them to:

- try to change the other person's mind
- pressure or bully the person to go on a date with them, have sex with them, or stay in a relationship
- try to make the person feel guilty for not wanting to go on a date, have sex, or be in a relationship
- say hurtful or mean things to the person to try and make them feel bad





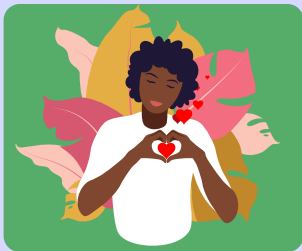
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How to Handle Rejection

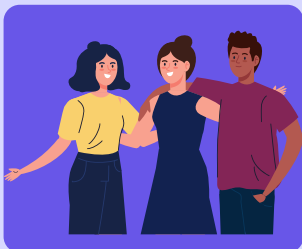
Everyone has the right to make decisions for themselves about who they want to date, who they want to be in a relationship with, and who they want to have sex with. When a person decides they do not want to be in a relationship with someone else, their choice must be respected.

It is common for rejection to make a person feel sad or upset, but it is important that those feelings are not directed toward the person rejected them.

Instead, when a person is rejected, it may be helpful for them to get support from their friends, family, or a counsellor, to help them work through the rejection in a healthy way.



A person who was recently rejected may want to spend time taking care of themselves. They can do activities they love or focus on things that make them feel good.



They may find it helpful to focus on the other relationships they have in their life that are supportive and make them happy. They might want to find ways to meet new people, who may be a better match for them for a romantic or sexual relationship.



Rejection

What is Ghosting?

Ghosting is a slang word that is sometimes used when talking about rejection. It is most often used when talking about online dating or online relationships.

Ghosting is when someone a person is dating unexpectedly:

- stops seeing them
- stops talking to them
- stops responding to their messages
- stops all communication with them
- seems to disappear - like a ghost



When someone "ghosts" it means they have suddenly stopped all communication with the person. The "ghost" does not break up with the person or tell them they want to stop dating. They just stop communicating with the person without giving a reason why.

Why do People Ghost?

There are many reasons why people decide to ghost someone.

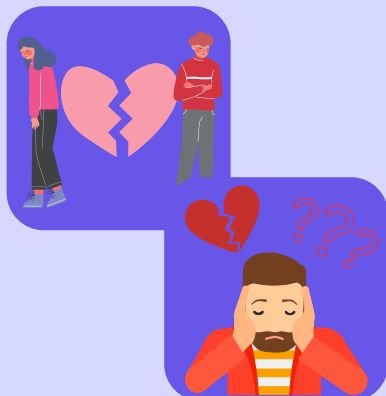
- They may not be interested in them anymore
- They may not know how to end the relationship in a clear and direct way
- They may have met someone else they like better
- They might have something else in their life that they need to focus on
- They may be afraid to say they do not want to date the person
- They may be afraid for their safety if they reject the person





Rejection

What Happens if a Person Gets Ghosted?



If someone gets "ghosted", it means the person who ghosted them does not want to continue dating and/or having sex with them.

When a person is "ghosted" by someone, it may feel hurtful, but rejection is a common part of dating and is something everyone must learn to deal with in healthy ways.

When a person is "ghosted" they will never really be able to know the reason why, because the person who "ghosted" has stopped communication with the person. This can be upsetting, frustrating, and confusing.



When a person is "ghosted" it usually means the person is no longer interested in spending time with them and wants to end the relationship. It is important for the person to accept and respect the other person's choice to stop the relationship and stop trying to talk or communicate with them.



Ghosting is hurtful and confusing for people. If a person is not interested in dating or having a relationship with someone, it is respectful to tell the person they are not interested in them. The person may be disappointed or upset, but rejection is something everyone has to deal with in their lives.



Rejection

Rejecting Someone

When a person rejects someone, it is because they do not want to have a romantic relationship and/or a sexual relationship with them. There are many reasons for not wanting a relationship or sexual experience with another person. Here are some examples:



Some reasons why a person might reject someone:

- They are not attracted to them
- They do not want a relationship
- They like someone else
- They are uncomfortable or feel unsafe
- They only like them as a friend
- They realize the relationship is unhealthy
- They do not feel an emotional connection
- They are just not interested!

Rejecting another person can be a difficult thing to do, because most people do not want to hurt the person they are rejecting!



Some people may try to avoid having to reject someone by giving excuses for why they can't spend time with the person, or by avoiding talking to or seeing the person they have to reject.

While those behaviours usually come from a place of caring for the other person's feelings, they are often not very effective or supportive ways to reject someone.



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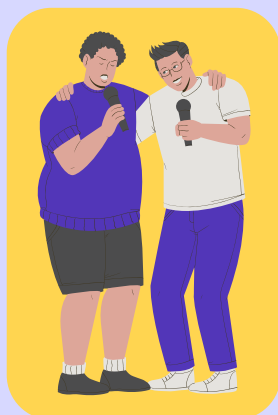
Rejecting Someone

The most respectful way for a person to reject someone is for them to be **honest**, **direct**, and **clear** with the person, and let them know they are not interested in a relationship with them. Learning how to respectfully and gently reject someone is a skill and can take some practice.



Some ways to respectfully and gently reject someone:

- Say "Thanks for the invitation, but I am not interested in dating anyone right now"
- Say "I like spending time with you as a friend, but I am not interested in you romantically"
- Say "I meet someone I have a closer connection with that I want to see again, so I cannot continue dating you"
- Say "I do not think we are a good match for each other, so I need to end our relationship"
- Say "I've had a nice time with you on our date. I did not feel a romantic connection, so we are not a good fit for a relationship. I would like to develop a friendship if you are interested"
- Say "I do not feel the same way about you, so I do not want to go on a date"



When a person is **honest**, **direct**, and **clear** with the person about not being interested in them, it lets the other person know they have to move on and allows them to pursue other people who might be a good match for them.



Rejection

Rejecting Someone

Sometimes when a person rejects someone the person being rejected may not listen to them. The rejected person may try to change their mind, may get upset or angry, or they may keep asking the person to date, to stay in the relationship, or to be sexual with them. This is **inappropriate** and it is not okay.



If the rejected person is not listening, the person can be firm and assert their boundaries. If someone is making the person feel uncomfortable or unsafe, they should reach out to someone they trust for support.

If the rejected person is not listening:

- Say "I have already given you my answer, please stop asking me"
- Say "I have already told you no, you need to accept that I am not interested in you"
- Say "I am not going to change my mind. You need to leave me alone now"
- Say "You are making me uncomfortable. Stop contacting me"

If the rejected person is making the other person feel uncomfortable or unsafe:

- The person can tell someone they trust (like a friend, family member, counsellor, or telephone helpline) to get help
- The person can block/delete the person from their phone, social media, email, so they cannot contact them anymore

If a person says they do not want to date, be in a relationship, or be sexual with someone, and the rejected person does not stop pressuring or asking the person, it is sexual harassment and it is illegal.

People who need support can call the **Kids Help Phone** at **1-800-668-6868** or text them by texting **CONNECT** to **686868**. For more information visit their website at [kidshelpphone.ca](https://www.kidshelpphone.ca)