

# 5 WAYS TO EXIT A CONVERSATION

Politics? Religion? One-sided interest?



## GET TO THE POINT

A conversation happens between two or more people..well..most of the time. Sometimes one of the people doesn't want it. You can simply say:

"I don't want to talk right now."  
OR  
"Can we talk about something else?"



## HEAD OUT

If the straight forward approach is not your style, find somewhere to go. Think of anywhere you can go where other people are around to avoid isolation. Tell the person that you need to go and "take care of something." It is not lying. There is most likely something you need to take care of.



## TEXT A FRIEND

Sometimes leaving an uncomfortable conversation is a team effort. **Enlist a friend to help out.** Ask them to swing by and rescue you or text you aggressively saying it's extremely important and you are needed elsewhere.



## REDIRECT

Can't leave? Need to have regular contact with this person for some reason? **Sometimes you simply need to change the topic.** Asking a question about something else is a great way to do that.

**For example:**

- Them: "So do you want to hang out tonight?"
- You: "Do you know when the construction begins on that new building?"



## GET HELP

Sometimes other approaches don't work or aren't ideal. Sometimes people are persistent and don't respect boundaries. **Seek out support.** This is especially true if you must interact with someone on a regular basis. Visit the Title IX webpage for resources.

<https://www.rit.edu/fa/compliance/title-ix>