Lesson 14: Refusal Skills

Title: Refusal Skills

Teacher introduction:
This lesson supports Family Wellness and Youth in Distress project by informing participants about how important it is to think about possible circumstances in advance and how to make healthy, positive decisions built on a good self-esteem in order to handle and avoid risky situations. Risky behaviors such as drinking alcohol, driving after drinking, and having unprotected sex, whether under the influence of alcohol or not, can lead to devastating consequences. Taking a positive stance and being proactive can help you handle or avoid difficult situations and life challenges.

Goal:
• The goal of this lesson is to learn to say no or refuse to prevent yourself and others from putting you in risky situations.

Objectives:
• Participants will recognize risky situations that require strong refusal skills.
• Participants will identify a variety of ways to say no.

Background:
We will follow the Medicine Wheel concept throughout this lesson because it helps us apply the relational worldview to many aspects of our lives.

Do you remember being in elementary school and hearing the different campaigns against drugs and thinking, “I’ll never do drugs!” You’ve seen the movies, you’ve heard the speakers, you’ve seen the mangled cars, you may even know people who have died and you know without a doubt that using drugs is not a smart decision to make.

But, what about those successful adults you see smoking and drinking alcohol, the stars you see out partying and having a great time, or all the popular kids and dealers who are saying it’s “cool” and “everyone is doing it” The facts are everyone makes mistakes, even successful adults, famous people, and popular people. Having examples like this though, means you do not have to make the same mistakes again.

The truth is most people do not use drugs; it’s a phrase people who are doing drugs say to get others to join in. Drug dealers use this saying also to sell their products and to give you the feeling that you are not weird if you decide to use drugs. Non-drug users do not often make the newspaper for just doing what they are suppose to do. They make the headlines when they get caught driving under the influence, for possession or for stealing.

Life is full of challenges. If you ever want to go to college/Vo-Tech, be an athlete, have a career, and or have a family, then you need to learn to say NO to risky situations. Some people have stronger minds and wills than others. They do not let advertising,
glamour or peer pressure force them to do something that could ruin their lives, forever. Stay strong, and stay healthy by saying “no” to drugs and other risky situations.

Sometimes people have a difficult time accepting “no” as an answer. Therefore, learning to say “no” in whatever language you are comfortable with, both calmly and confidently can save your reputation, your image, prevent conflict, and most importantly, even save your life.

**Materials Needed:**
Copied handouts   Pencils
Old Magazines   Poster Board
Scissors   Glue
Markers

**Resources:**
http://www.nofas.org/
http://family.samhsa.gov/teach/refusal/aspx
http://teens.drugabuse.gov/
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<tr>
<td>Listen to background information</td>
<td></td>
<td>Observe the group and recognize those who wish to participate</td>
<td>Read or otherwise provide the Background information to the participants.</td>
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<tr>
<td>Group Participation in Don’t Ignore Me Game</td>
<td></td>
<td>Observation of whole class participation in Don’t Ignore Me Game</td>
<td>Start by having the participants form a circle with their chairs. Select one person to be “it” (the person the other class members try to make laugh). Once they laugh, the person who made them laugh is “it”. Continue this for 5 minutes, then discuss the following questions: 1. What were some of the strategies used to keep from laughing? 2. Was it difficult to ignore everyone? 3. It is not usually appropriate to ignore people, but when might it be a good time to ignore someone? Often if someone really wants to get your attention, ignoring them does not work. Has someone ever asked you to do something you did not want to do? It’s happened to all of us, so learning to refuse and say No is an important skill.</td>
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<tr>
<td>Individual completion of the Difficult Situations Handout 14-A</td>
<td>Handout 14-A</td>
<td>Assessment of the Difficult Situations handout</td>
<td>Hand out the Difficult Situations worksheet. Allow participants a few minutes to write their thoughts. Then all them an opportunity to share with the group. If participants are reluctant to share, begin sharing your own examples to put them more at ease.</td>
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<tr>
<td>Individual Completion of the No Means NO! Handout 14-B</td>
<td>Handout 14-B</td>
<td>Evaluation of the completed No Means NO!</td>
<td>Pass out the No Means NO! worksheet and allow about 10 minutes for completion. Discuss</td>
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Family Wellness and Youth in Distress  
Lesson 14: Refusal Skills

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<th>Handout/Handout</th>
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<td>Group completion of the Medicine Wheel Activity</td>
<td>Handout 14-C</td>
<td>Evaluate completion of activity</td>
<td>Have the participants use the Medicine Wheel to identify four qualities about good decision making that reflect the benefits for the mind, body, spirit, and emotion.</td>
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<tr>
<td>Individual completion of the Stitch and Design Handout.</td>
<td>Handout 14-D</td>
<td>Observation of participation and understanding of Stitch and Design Handout 14-D</td>
<td>Guide each participant to write down something that they learned from Lesson 14. Instruct them to draw a “Stitch” for their moccasin that will remind them of what they learned. Then instruct each participant to draw a “Design” for their moccasin that will remind them of what they will use in the future that they learned from Lesson 14.</td>
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handout and group collage poster  
the answers. To conclude, divide the group into three smaller groups. Provide a large piece of poster board for each group, as well as some old magazines, markers, glue and scissors. Have each group make a No Means NO! poster including various ways to say NO.
Handout 14-A

Difficult Situations

Think of a situation when you had to make a difficult decision. What were the circumstances?

How did you make the decision?

Did you make the decision to please someone else rather than the decision you knew was most appropriate?

How do you feel when you behave a certain way contrary to how you know you should behave?
Handout 14-B

No Means NO!

Although “no means no” sometimes people have a difficult time understanding or accepting no as an answer. Having a variety of approaches for different situations can lead to a less stressed, healthier and happier life.

In the following scenarios, choose the best answer for you.

1. You are at a dance with your friends when they decide to buy some ecstasy for $20.
   What do you do?

   You have $20 and it won’t hurt to try it once, right?
   Tell them you do not have $20 and you really just came to dance.
   Tell them ecstasy is illegal and that you are going to call the police.

2. You and your friends are going to the movies. An older guy from high school, offers you all some acid. When you try to get out of it by saying you do not have the extra money, one of your friends offers to give you the money.

   You say you do not want to borrow money so you will just skip it this time.
   Take the acid from your friend and throw it away when no one is looking.
   Tell your friends you do not like the way acid makes you feel.

3. You have been dating this girl for a month. She wants to have sex with you but you are reluctant because you have heard wild stories about things she has done. She tells you she is going to break-up with you if you do not have sex. You really think she is pretty and like her a lot, what do you do?

   Go ahead and have sex with her.
   Ask her about the stories you have heard and tell her your concerns about STDs
   She is not the only girl out here, forget about her and move on.

4. One afternoon after school while with your friends someone pulls out a joint.
   You sit with your friends at the bus stop as the joint gets passed around and you begin to panic. What do you do when it’s your turn?

   Tell them you’re allergic to it.
   Tell them you forgot about an errand you were supposed to do and that you have to go.
   Tell them you have to use the bathroom; taking extra time so they will be done with the joint when you get back.
Stitch:
Please write down something that you learned from this lesson:

Now draw a “Stitch” for your Moccasin that represents and will remind you of what you learned from this lesson.

Design:
Please write down something that you will use in the future from this lesson:

Now draw a “Design” for your Moccasin that represents and will remind you of what you will use in the future from this lesson.

Examples of “Stitches” and “Designs” can be simple pictures or patterns.

Such as: ⚡ ⭐ 🔧 😊

You may use the same or repeat “Stitches” and “Designs” from other lessons, but may want to change the color, so that you can remember the lessons learned and how you will use this in your future.