Lesson: Refuse to Abuse

Describe how you would use the following refusal skills to respond to the following scenario. Remember to be clear and choose your words carefully. Describe your body language as well as your words.

You are walking home from school with some of your friends. Bill lights up a joint and offers you a puff. Your other friends accept his offer. You hesitate, but Bill tells you that everyone smokes marijuana and that smoking marijuana is cool.

1. Say no. How would you say no to Bill?

2. Offer an alternative. What could you offer as an alternative?

3. Stand your ground. What would you do if Bill kept pressuring you to smoke?

4. Walk away. Describe how you would get out of the situation.

5. Plan ahead. What could you do to avoid this situation?

6. Have a support system. Who will stand by you when you are in this situation? How can you use these people as support when dealing with this situation?
Activity Sheet 19

Choosing to Say No

Now you have a solid decision-making model and know some good ways to say no. Read each situation below. Figure out what decision needs to be made. Go through the POWER decision-making model.

- Plan your decision.
- Open your mind.
- Weigh the consequences.
- Examine your values.
- Remember to ask.

Once your decision is made, think of how to back it up by saying no.

A friend says to you, "There's a beer in my refrigerator. My dad will never miss it. Let's drink it together."

How will you say no?

A friend has started smoking cigarettes regularly. You are shopping with her one day and she offers you one.

How will you say no?

You've been invited to a party where all the "cool" people will be. You also know people will be using drugs there.

How will you say no?

A friend on your baseball team tells you that all the major league players use chewing tobacco, and he offers you some.

How will you say no?

You are at your cousins' house listening to music when one of them hands you a wine cooler to drink.

How will you say no?

A classmate hands you a pill and tells you that it will help you study for tomorrow's test.

How will you say no?