Saying NO

Refusal Skills

Kareem and his younger cousin Jared are hanging out one day after school at the skate park when they are approached by a group of friends who ask them if they want to smoke some marijuana. Kareem doesn't hesitate to accept, and passes the joint over to Jared to smoke.

Take a moment to read through the scenario below. Then, come up with a response that could be used to resist the peer pressure. Be prepared to act out the entire scenario in front of class, including the lines you write.

K: Here you go, Jared. Take a hit of this. (Hands him the joint.)

J: I don't know, man.

K: It's just a little weed, dude…relax! Come on, haven't you ever smoked it before?

J: No, I haven't.

K: Well, everyone does it. It's fun!

Imagine that Kareem continues to pressure Jared. Using the 3 steps model: Speak Up, Stand Up, and Walk Away—Come up with a few more lines that Jared could use to say "NO".

K:

J: (Speak Up)

K:

J: (Stand Up)

K:

J: (Walk Away)

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Saying NO

Refusal Skills

Mia and Chantal are hanging out at one of their favorite clothing stores trying on expensive clothes in the dressing room. Mia whispers to Chantal that she doesn't have enough money and that she thinks it would be easy to steal a shirt by sticking it into her purse before leaving the dressing room. Chantal is hesitant.

Take a moment to read through the scenario below. Then, come up with a response that could be used to resist the peer pressure. Be prepared to act out the entire scenario in front of class, including the lines you write.

M: Here (passes her a shirt), hide this in your purse.

C: I am not sure about this. Why can't we just pay for it instead?

M: Because it looks really good on you and we don't have enough money!

C: But what if we get caught?

M: We won't. Don't be such a baby!

C: I don't know…

Imagine that Mia continues to pressure Chantal. Using the 3 step model: Speak Up, Stand Up, and Walk Away—Come up with a few more lines that Chantal could use to say "NO".

M:

C: (Speak Up)

M:

C: (Stand Up)

M:

C: (Walk Away)

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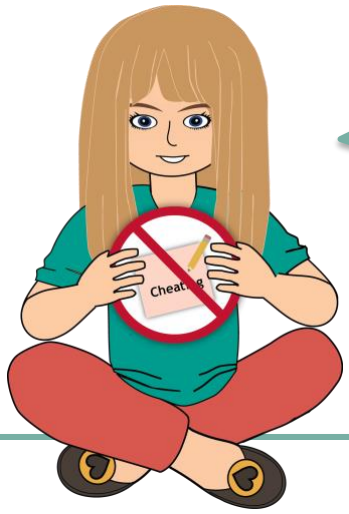
Saying NO

Refusal Skills



Roberto and Mohammad are both struggling in math class. Roberto is able to get a copy of the answers from another student who took the test the day before. Roberto tells Mohammed that he can show it to him if he wants.

Take a moment to read through the scenario below. Then, come up with a response that could be used to resist the peer pressure. Be prepared to act out the entire scenario in front of class, including the lines you write.

R: Mohammad, I found out we don't even have to study for this test!

M: What do you mean? We have to study if we want to pass!

R: No man, a friend of mine is going to hook us up with a copy of the test and answers. I can show them to you.

M: You mean cheat?

R: Why not? It's definitely easier than studying.

Imagine that Roberto continues to pressure Mohammad. Using 3 step model: Speak Up, Stand up, and Walk Away—Come up with a few more lines that Mohammad could use to say "NO".

M: (Speak Up)

R:

M: (Stand Up)

R:

M: (Walk Away)

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Saying NO

Refusal Skills

Justin and Sarah are in middle school and have been going out for six months. It's Valentine's Day, and Justin is hoping for a really special gift. He pushes a little further than they have gone before. Sarah doesn't protest. Justin figures he has the go ahead, so he pushes further. Sarah pulls away.

Take a moment to read through the scenario below. Then, come up with a response that could be used to resist the peer pressure. Be prepared to act out the entire scenario in front of class, including the lines you write.

S: I don't know, Justin. Do you really think we should do this?

J: I love you, Sarah. Do you think I would do something to hurt you?

S: Well, no. But it doesn't feel right. I don't think I'm ready.

J: It's not like we're having sex or anything. It's not such a big deal. Plus, it's Valentine's Day! Come on. (Leans in towards her again.)

Imagine that Justin continues to pressure Sarah. Using 3 step model: Speak Up, Stand Up, and Walk Away—Come up with a few more lines that Sarah could use to say "NO".

S: (Speak Up)

J:

S: (Stand Up)

J:

S: (Walk Away)

J:

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Saying NO

Refusal Skills

Maria and Tyrel have been going out for three months. They've never had sex and Tyrel has told Maria that he's going to wait until he's married. The following conversation happens one night after watching a romantic movie together.

Take a moment to read through the scenario below. Then, come up with a response that could be used to resist the peer pressure. Be prepared to act out the entire scenario in front of class, including the lines you write.

M: Tyrel, I love you so much. And you look so cute tonight. Don't you want to take our relationship to the next level?

T: Maria, we've talked about this. I made a decision to wait to have sex until I'm married.

M: But don't you love me? If you loved me, you'd prove it.

T: Sex and love aren't the same thing. And there are other ways besides having sex to show love. I don't want to mess up our relationship.

M: (Maria moves closer.) Baby, it will feel so good.

T: Maria, if you really loved me you would _____
(Fill in the blank)

Imagine that Maria continues to pressure Tyrel. Using the 3 step model: Speak Up, Stand Up, and Walk Away—Come up with a few more lines that Tyrel could use to say "NO".

M:

T: (Speak Up)

M:

T: (Stand Up)

M:

T: (Walk Away)

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