

Activity 2 cont.

Refusal Skills

4. Go over refusal skills steps.

“There are a few steps you can follow when you have to say no to someone that can make it a little easier. It’s important to remember also that when someone tells us no, we need to accept it even if it is not what we want to hear. If you ever try to tell someone no and they don’t listen, it’s important to say no very clearly and then walk away. If someone isn’t listening when you say no, it may not be a safe place for you to stay.”

“In just a minute we will practice saying no in some specific situations. In these situations, we are going to imagine that we like the person we are saying no to. They are our friend and we want to stay friends with them. We don’t want to be mean or hurt their feelings unless we have to.”

“Here are the steps we will follow that will help us say no. Remember to also use the tips we just went over, like looking the other person in the eye and using a firm voice.”

Show Refusal Skill Visual as you read through these steps.

1. **Say no.**

“Clearly say that you don’t want to do what the other person is asking.”

2. **Explain why.**

“For example, my mom doesn’t allow me to or I don’t feel comfortable.”

3. **Suggest an alternative.**

“Suggest something else that you can do instead. For example, I think that we should make some popcorn or play a video game.”

4. **Leave if you need or want to.**

“If someone keeps pressuring you or doesn’t accept your no, you need to leave the situation or get help from someone else.”

Grade 5
Lesson 2

Abstinence and Refusal Skills

Activity 2

Refusal Skills

1. Say no.
2. Explain why.
3. Suggest an alternative.
4. Leave if you need or want to.

**Grade 5
Lesson 2****Abstinence and Refusal Skills****Scenario D****George and Jose****Small Group Practice**

Jose, George and Jenny are in the same fifth grade class. Jose and George are hanging out after school one day and George thinks it would be funny to forward out an embarrassing picture of Jenny to some of the other students in their class. Jose doesn't want to embarrass Jenny or hurt her feelings, and also doesn't want to get in trouble with his parents.

George: You know that girl Jenny from school? She gets on my nerves. I took a ridiculous picture of her today at recess. I told her that I deleted it, but I didn't. Let's send it out to our friends. That'll be really funny.

Jose: _____

George: I can't believe you don't want to send it out. Do you like her or something?

Jose: _____

George: Oh come on, Jose. It'll be funny. Just do it.

Jose: _____

George: Ok. I'm sorry. You're right.

Grade 5
Lesson 2

Abstinence and Refusal Skills

Scenario E

“David” and Thuong

Small Group Exercise

Thuong is online one day after school playing video games in an online gaming site. She is doing really well playing against someone she doesn't know. That person starts instant messaging her privately. He says that his name is David. At first the other person is just playing around, saying what a good player she is and praising her skills. After a while, he starts trying to get more personal information out of her and asking to hang out sometime. Thuong feels really uncomfortable with this. At the end of this, she will tell her dad what happened since it's important to let an adult know.

‘David’: Wow, Thuong, I have a lot of fun talking to you and playing video games together. It would be fun to meet and do this in person. I could pick you up one day after school. Want to meet?

Thuong: _____

‘David’: Well, if you think this game is fun, I have way better. I have a huge TV and the latest version of this game at my place.

Thuong: _____

‘David’: Oh come on, don't be so uptight. Just tell me where you live and I'll come pick you up.

Thuong: _____

‘David’: Ok, fine.

Thuong hangs up from instant message and goes and tells her dad about “David”.