

Pre-Test

1. What are the 3 types of communication?
2. Define body language.
3. What does it mean to be assertive?
4. List 5 different ways that you can say no.

6.ICR.2.3 - Use effective refusal skills to avoid negative peer pressure, sexual behaviors and sexual harassment.

Choice Activity

- Take out a blank sheet of paper and number from 1 to 11.
- I am going to read 11 options to you and you must decide which item you identify with most.
- “Are you more like . . .”

“Are you more like . . .”

- 1. The country or the city
- 2. Summer or winter
- 3. The mountains or the beach
- 4. A jeep or a mustang
- 5. A cat or a dog
- 6. Steak or chicken
- 7. Day or night
- 8. Vanilla or chocolate
- 9. A book or a movie
- 10. Pen or pencil
- 11. Color black or white

- How it felt to have to choose between the options.
- Describe situations you might encounter in which you are forced to make a choice between two or more options
 - (such as whether to use drugs/alcohol/tobacco).

Statement of Objectives:

Today, we will demonstrate using effective refusal skills. By the end of today's class you should be able to demonstrate effective refusal skills to avoid negative peer pressure, sexual behaviors and sexual harassment.

Brainstorm

- In your group, I want you to brainstorm a list of situations that a young person may be pressured into by their peers.

TYPES OF COMMUNICATION

PASSIVE Communication

- **What the communicator says**
 - Unknown or unsaid
 - Not to the point
- **Tone of voice**
 - Soft
 - Lowers at the end of a sentence
- **Eye Contact/Facial Expressions**
 - Avoid eye contact
 - Look downward
- **Posture/body language**
 - Can't stand still
 - Unconsciously doing something like playing with hair or biting fingers
- **Communicator's attitude/feelings**
 - Timid
 - Worried
 - Scared
- **Other's attitude or feelings**
 - Puzzled
 - Uncertain
 - Frustrated
- **Intention**
 - **Escape conflict**

Passive Communication

When a person does not express his or her

- ◆ feelings
- ◆ opinions
- ◆ ideas

Example: not speaking up when something is wrong

Has a hard time expressing concerns

Makes apologies or excuses for what was said or done

AGGRESSIVE Communication

- **What the communicator says**
 - Targets the other person and not the problem
 - Aims to hurt
- **Tone of voice**
 - Loud
 - May be yelling
 - Strict Severe
- **Eye Contact/Facial Expressions**
 - Staring
 - Frowning
 - Tense face
- **Posture/body language**
 - Uptight Muscles tense
 - In your personal space
 - Threatening
- **Communicator's attitude/feelings**
 - Only thinking of themselves
 - Hostile
 - Bullying
- **Other's attitude or feelings**
 - Sad
 - Unhappy
 - Angry
 - Aggravated
 - Feelings are hurt
- **Intention**
 - Hurt the other person's feelings

Aggressive Communication

Disrespectful words or actions

- ❖ Name-calling, put downs, sarcasm, interruptions, loud voice

Intimidating body language

- ❖ standing too close
- ❖ glaring at the person
- ❖ threatening hand movements



Assertive Behavior

- **What the communicator says**
 - Detailed Easily understood
 - Oriented around the problem and not at the person
 - Recommend a solution
- **Tone of voice**
 - Clear
 - Not too loud, not too soft, just right
- **Eye Contact/Facial Expressions**
 - Make eye contact
 - Relaxed
- **Posture/body language**
 - Standing up straight
 - At ease
- **Communicator's attitude/feelings**
 - Self-confident
 - High self-esteem
 - Content
- **Other's attitude or feelings**
 - Admiring
 - Attentive
 - Non-threatened
 - Receptive
- **Intention**
 - Alter the situation
 - Come to an agreement

Assertive Communication

Expressing thoughts, feelings, or beliefs in a way that is

- ✧ honest
- ✧ respectful
- ✧ not harmful to others

Example: respectfully speaking up when something is wrong

Body Language

Body language is nonverbal communication.



3 types of body language include:

- The look on a person's face
- The action of someone's hands
- The way a person stands

Keys to Assertive Behavior

- Know ahead of time how you feel about a situation.
- Avoid settings where the pressure is more likely to occur.
- Practice body language consistent with the verbal message.
- Remain relaxed and breathe deeply.



Keys to Assertive Behavior

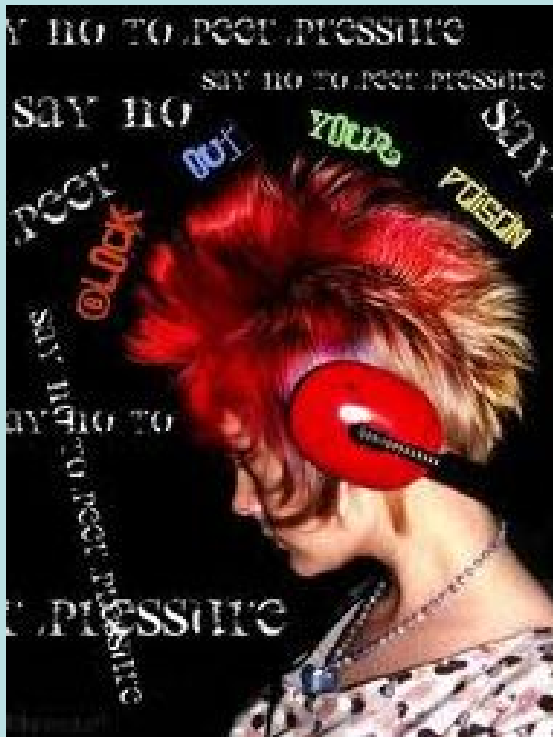


- Be firm in your right to say “no.”
- Use a clear and firm tone of voice.
- Make eye contact when stating how you feel.
- Repeat the word “no” until the person understands how you feel.

Keys to Assertive Behavior

- Suggest an alternative.
- Give a reason.
- Clearly state your opinion or disagreement.
- ..Avoid emotional terms.
- Use “I” messages.
- Ask questions to reverse the pressure.
- Avoid using put-downs.
- Remove yourself from the situation if you feel uncomfortable.

Effective Refusal Skills to Negative Peer Pressure



WAYS TO SAY NO!!!!!!

- Simply Say No
 - “No thanks.”
- Give a reason
 - “No thanks. I have to be home after school by 4:00.”
- Give a consequence
 - “Smoking will give me bad breath.”
- Give an alternative
 - “No thanks, but I’ll go play video games or go to a movie with you.”
- Be a broken record
 - “No, no, and no.” Delay “No, not this time.”
- Change the subject
 - “I really need to talk to you about something that happened with my parents/guardians.”

- Reverse the pressure
 - “Why do you want me to do this so much?”
- Strength in numbers
 - “We don’t smoke cigarettes.”
- Self Statement
 - “I don’t bully others and you shouldn’t either.”
- Ignore the offer
 - Say nothing and pretend you don’t hear.
- Avoid the situation
 - Make plans with another friend rather than going where you know others are going to pressure you to engage in a risky behavior.
- Get help Ask for help.
 - If a situation is risky call an adult or the police.
- Leave the situation
 - Walk away or leave the situation completely

GUIDED PRACTICE

- Write a letter to a teenager, named Kendra, who is feeling pressured by her friends to try marijuana.
- In your letter to Kendra offer support for resisting pressure to use marijuana and recommend suggestions for using assertive refusal skills and techniques when refusing her friends.

Post-Test

1. What are the 3 types of communication?
2. Define body language.
3. What does it mean to be assertive?
4. List 5 different ways that you can say no.

CLOSURE:

Today we have practiced techniques to refuse negative peer pressure. You have demonstrated excellent assertive communication skills and refusal skills to avoid negative peer pressure.