

WHAT IS A REFUSAL SKILL?

# ESSENTIAL STANDARD

- 6.ATOD.3 - Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

# CLARIFYING OBJECTIVE

- ◎ 6.ATOD.3.1 - Use effective assertive refusal skills to avoid pressure to use alcohol and other drugs



# Statement of Objectives:

- *Today, we will practice using assertive refusal skills. By the end of today's class you should be able to demonstrate effective refusal skills to refuse peer pressure to abuse substances.*

# UNITED STREAMING VIDEO

- © Bridging the Gap: No Can Do



⊙ *Does anyone have an idea of what passive-aggressive might be?*

- ⊙ *[A combination of both styles, usually passive to the person's face and aggressive behind his/her back.]*

# COMMUNICATION STYLES

|   | PASSIVE   | ASSERTIVE  | AGGRESSIVE  |
|---|---|--|---|
| <b>What the communicator says</b>       | Unknown or unsaid<br>Not to the point   | Detailed<br>Easily understood<br>Oriented around the problem and not at the person<br>Recommend a solution | Targets the other person and not the problem<br>Aims to hurt      |
| <b>Tone of voice</b>                    | Soft<br>Lowers at the end of a sentence   | Clear<br>Not too loud, not too soft, just right  | Loud<br>May be yelling<br>Strict<br>Severe                        |
| <b>Eye Contact/Facial Expressions</b>   | Avoid eye contact<br>Look downward  | Make eye contact<br>Relaxed  | Staring<br>Frowning<br>Tense face                                 |
| <b>Posture/body language</b>            | Can't stand still<br>Unconsciously doing something like playing with hair or biting fingers | Standing up straight<br>At ease  | Uptight<br>Muscles tense<br>In your personal space<br>Threatening |
| <b>Communicator's attitude/feelings</b> | Timid<br>Worried<br>Scared  | Self-confident<br>High self-esteem<br>Content  | Only thinking of themselves<br>Hostile<br>Bullying                |
| <b>Other's attitude/feelings</b>        | Puzzled<br>Uncertain<br>Frustrated  | Admiring<br>Attentive<br>Non-threatened<br>Receptive   | Sad<br>Unhappy<br>Angry<br>Aggravated<br>Feelings are hurt        |
| <b>Intention</b>                        | Escape conflict   | Alter the situation<br>Come to an agreement  | Hurt the other person's feelings                                  |



# Focus: Forced Choice Activity

- ① Ask the students to take out a blank sheet of paper and number 1 – 12.
- ② *I am going to read 12 options to you and you must decide which item you identify with most.*
- ③ Read the following statements asking, “Are you more like . . .” before each question...

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

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- ⊙ After each question, ask a couple of students what they chose and why.
  - ⊙ When all 12 questions have been read, ask students how it felt to have to choose between the options.
  - ⊙ Ask students to 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).

# THE KEYS TO ASSERTIVE REFUSAL

- ⊙ 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.
- ⊙ Be firm in your right to say "no."
- ⊙ Use a clear and firm tone.
- ⊙ Make eye contact when stating how you feel.
- ⊙ Repeat the word "no" until the person understands how you feel.
- ⊙ Use "I" messages.
- ⊙ Ask questions to reverse the pressure.
- ⊙ Avoid using put-downs.
- ⊙ Suggest an alternative. Give a reason.
- ⊙ Clearly state your opinion or disagreement. Avoid emotional terms.
- ⊙ Remove yourself from the situation if you feel uncomfortable.

# WAYS TO SAY No!

| Method                      | Example  |
|-----------------------------|--|
| Simply Say <b>No</b>        | "No thanks."   |
| Give a reason               | "No thanks. I have to take a drug test for football."                          |
| Give a <b>consequence</b>   | "Smoking will give me bad breath."   |
| Give an <b>alternative</b>  | No thanks, but I'll go get something to eat with you."                         |
| Be a broken record          | "No, no, and no."  |
| <b>Delay</b>                | "I'll get back to you."  |
| Change the <b>subject</b>   | "Where did you get those shoes? I really like them."                           |
| Reverse the <b>pressure</b> | "Why do you want me to do this so much anyway?"                                |
| Strength in numbers         | "We don't smoke." Stick together with other non users and use "we" statements. |
| Activism                    | "I don't drink and you shouldn't either."                                      |
| Ignore the <b>offer</b>     | Say nothing or pretend you didn't hear.  |
| Avoid the situation         | Go to a movie instead of hanging out where kids do drugs.                      |
| Get <b>help</b>             | Ask for support. If a situation is dangerous call an adult or the police.      |
| Leave the situation         | Walk away.   |

# GUIDED PRACTICE:

- ① Arrange the class in a circle (either standing or sitting). Distribute copies of Pressure Lines to Try Drugs
- ① *The first person to start will read the pressure line and the next person in the circle must come up with his or her own assertive refusal. The person who just practiced refusal skills will now read the pressure line and the next person in the circle will practice an assertive refusal line.*

# PRESSURE LINES TO TRY DRUGS

- ⊙ Pressure: Hi, do you want a cigarette?
- ⊙ Pressure: You are just afraid to try it.
- ⊙ Pressure: If you were my friend, you'd drink this beer with me.
- ⊙ Pressure: If you never try it, you won't know what it feels like.
- ⊙ Pressure: Everyone else is doing it.
- ⊙ Pressure: Grown ups drink; don't you want to be grown up?
- ⊙ Pressure: I do drugs and they haven't hurt me yet.
- ⊙ Pressure: Don't be such a baby.
- ⊙ Pressure: Just one hit won't hurt you.
- ⊙ Pressure: I'm sure I can drive; I've only had 3 beers.
- ⊙ Pressure: You're afraid your parents will find out. Try it - they'll never know.
- ⊙ Pressure: Everyone will think you're a dork if you don't.
- ⊙ Pressure: If you want to join our group, you have to use it.
- ⊙ Pressure: I promise it will feel good.
- ⊙ Pressure: You'll have more fun at the party if you try it.
- ⊙ Pressure: I won't tell anyone, it will be our secret.
- ⊙ Pressure: My parents won't be home for another hour or so which gives us plenty of time to try this alcohol.
- ⊙ Pressure: I heard that you've been drunk before.
- ⊙ Pressure: Look at all the other fun things we've done together; this will be just like that.
- ⊙ Pressure: If I'd known that you would act like this, I wouldn't have invited you here.
- ⊙ Pressure: You're not worried about getting cancer are you? I know people who have smoked for 30 years who don't have it.
- ⊙ Pressure: You are probably going to try alcohol sometime in the future. What is wrong with right now?
- ⊙ Pressure: I won't be your friend anymore if you don't try this with me.
- ⊙ Pressure: I'll tell everyone what a loser you are.
- ⊙ Pressure: I guess you don't really care about me.
- ⊙ Pressure: Well, I thought that you would really want to do this.

# INDEPENDENT PRACTICE:

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

# CLOSURE:

- © *Today we have practiced techniques to refuse persuasion to use substances. You have demonstrated excellent assertive communication skills and used creative responses to pressure. It is important to practice these skills so that you are prepared when you are in a situation and need to refuse an offer. You will find that these skills can be used in any situation in which you are asked to do something that would not be in your best interest.*

