

# PEER PRESSURE REFUSAL SKILLS®

I attended a basketball clinic for my 8 year old son. Part of the clinic was a lesson on combating peer pressure. What to do and what to say if someone asks you to do something negative like gang activity, drugs, alcohol, etc. I was impressed. Even though the lesson was written for the 6th grade, I felt that is was appropriate for all grades. Below is Lesson #14 created by the Comprehensive Health Education Foundation.

## Goals of Refusal Skills

- Keep Friends
- Have Fun
- Stay out of Trouble
- Stay in Control

## Steps of Refusal Skills (and key phrases)

- 1 • Ask questions. (Like “What.....? “Why.....?”)
- 2 • Name the trouble (“That’s.....”)
- 3 • State the consequences (“If I do that.....”)
- 4 • Suggest an alternative (“Instead why don’t we.....”)
- 5 • Move it, sell it, and leave the door open. (“If you change your mind.....”)

## Using Refusal Skills Under Pressure

- 1 • Stay calm.
- 2 • Say the persons name and make eye contact.
- 3 • Say “Listen to me.”
- 4 • Pause to see if the person is listening.
- 5 • If the person is listening, then continue to use the skill. If not then say the person’s name and “Listen to me” again.
- 6 • If the person doesn’t listen after two or three times of saying “Listen to me,” then leave, saying something like “I’ll see you later.”



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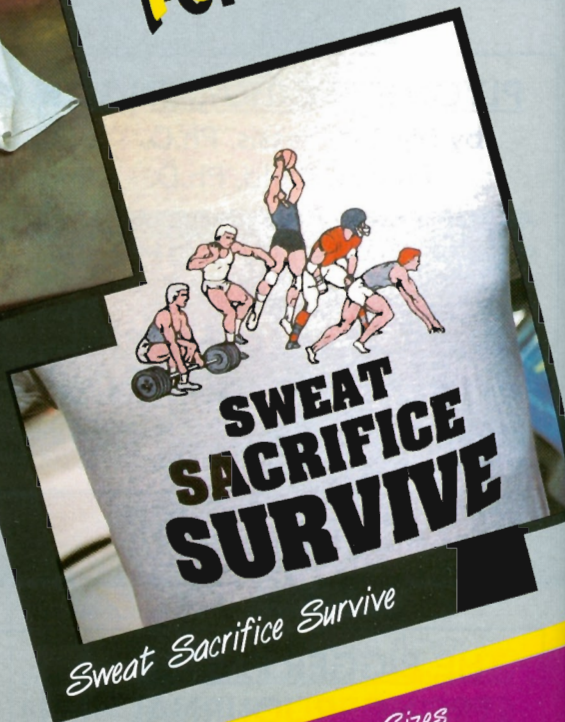


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