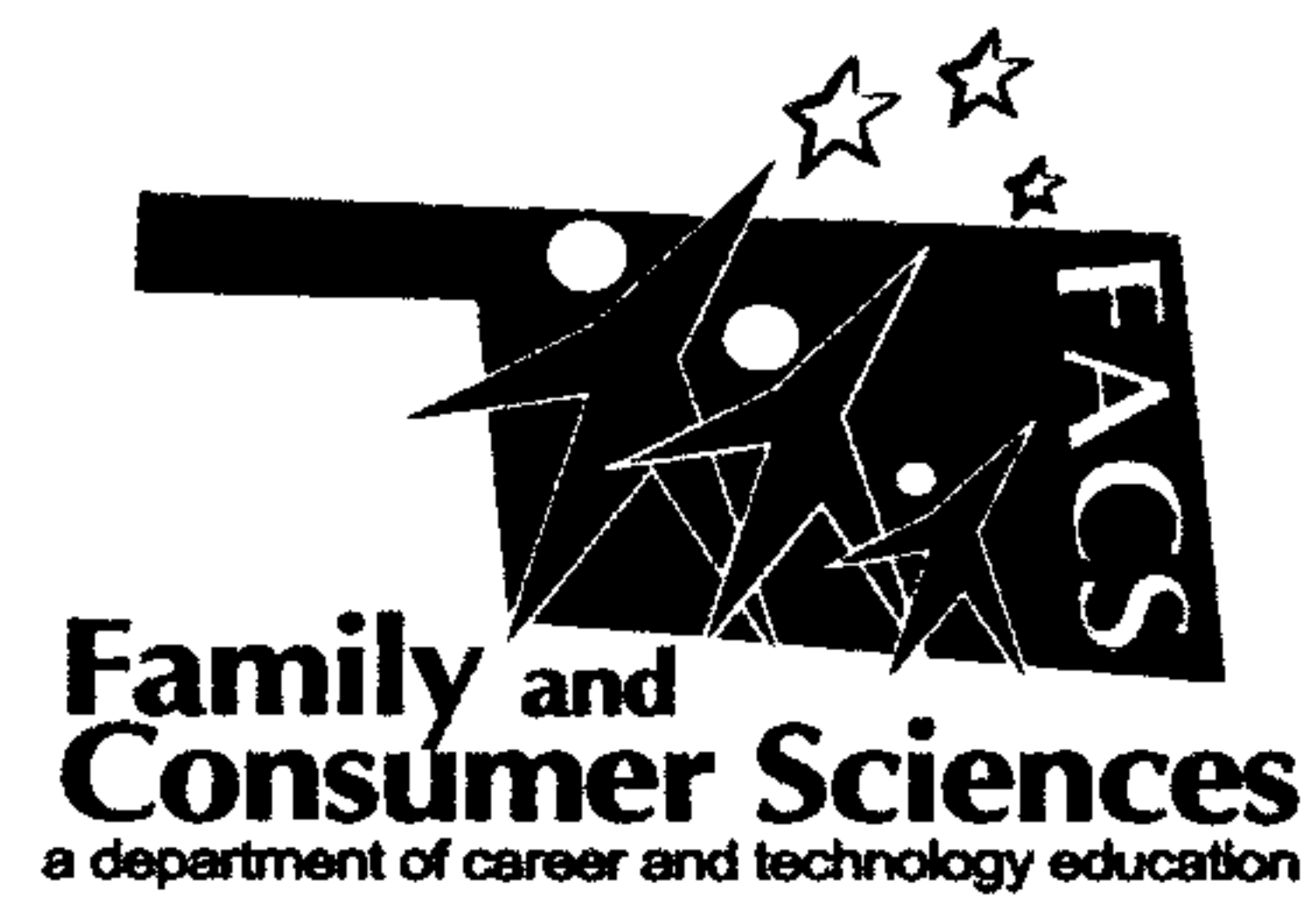


Lesson Plan Title: Refusal Skills

Subject area: Interpersonal Relation Skills

Recommended course (s):

Recommended for grades 6 - 8.



Aligned to NASAFACS Standards:

- * 13.0 Interpersonal Relationships; 13.3 Demonstrate communication skills that contribute to positive relationships; NCTE 12 - Use language to accomplish individual purposes; NCSIS IV - Individual development and identity - work independently and cooperatively within groups to accomplish goals.

Objectives:

Students will be able to assertively refuse negative peer pressure.

Materials needed:

- * tv/vcr
- * "Refusal Skills: Yes, You Can Say No" video
- * video camera

Resources:

- * Discovering Life Skills textbook 2010
- * The Learning Seed media
- * Tween Life curriculum 2010
- * FACS I curriculum 2010

Lesson Summary/Outline:

- * Discuss Objective
- * View video
- * Review "Say No Sandwich" technique .
- * Divide into groups
- * Establish role-playing rules
- * Practice
- * videotape
- * Critique/compliment video