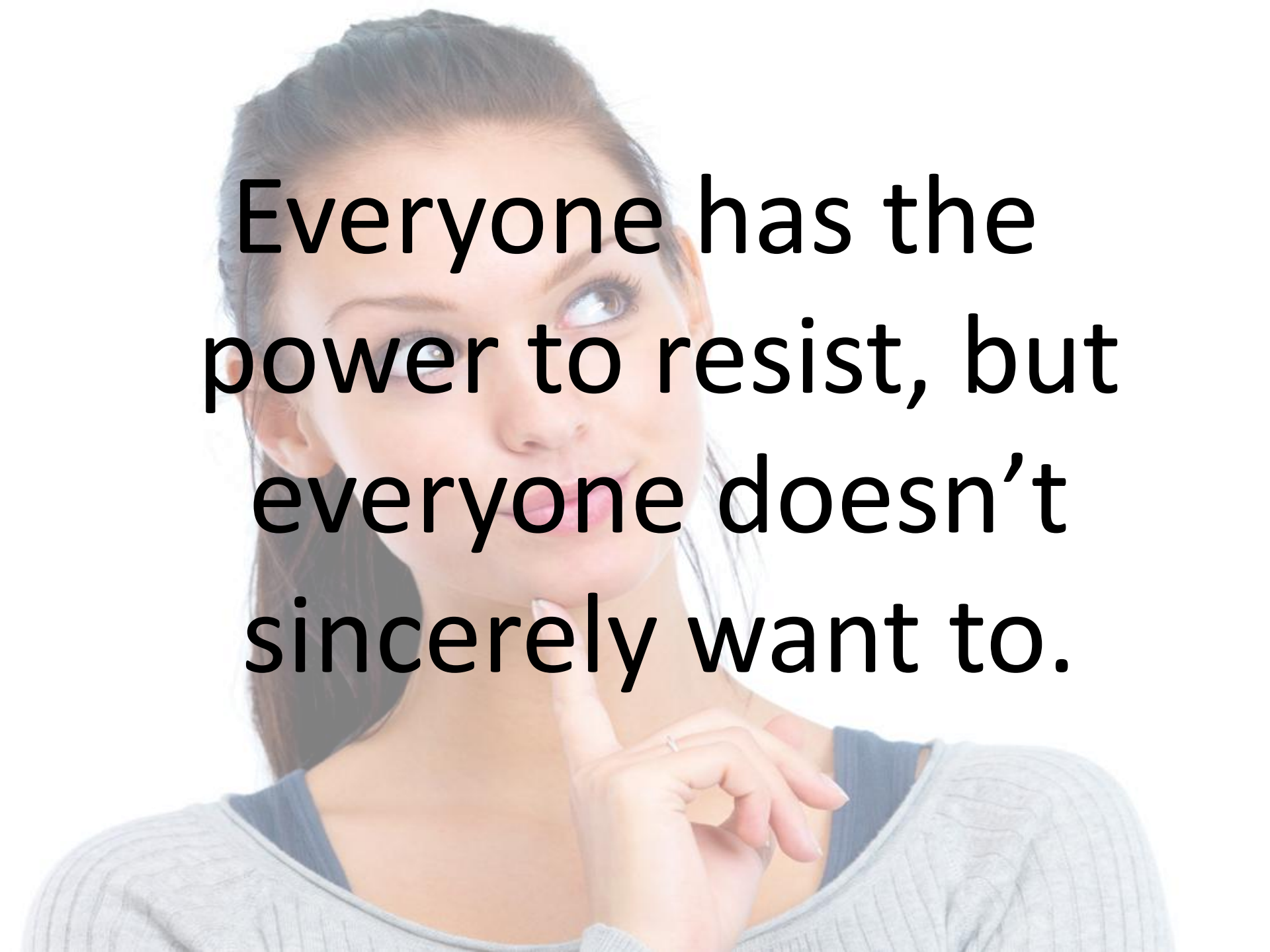




Refusal Skills



Everyone has the
power to resist, but
everyone doesn't
sincerely want to.

The Goals of Refusal



- Keep your friends
- Have fun
- Stay out of trouble

Steps for Refusal

A woman with dark hair pulled back, wearing a grey sweater, is shown in a thoughtful pose. She has her right hand raised to her chin, with her index finger pointing upwards. Her eyes are looking upwards and to the right, and she has a slight smile on her face. The background is plain white.

- Ask questions
- Name the trouble
- Identify the consequences
- Suggest an alternative
- Move it, sell it, and leave the door open

What to Do Under Pressure

- Stay calm
- Make eye contact
- Be assertive
- Repeat if necessary
- Walk away



Various Ways to Say No



- “Right Choice” activity
- “Gorilla Game” activity
- “Pressure Point” activity

Summary

- Having the ability to refuse or stand out alone when peer pressure is strong is often very difficult, but a person can resist if he/she really wants to.
- If he/she doesn't really want to, it is easy to give in.
- Remember, everyone has the power to resist, but everyone doesn't sincerely want to.