

Refusal Skills

Students: You learned about refusal skills in class. Review the following refusal skills with your parent, then answer the questions below.

- Just say no
- Suggest an alternative activity
- Leave the situation
- Reverse the pressure



Something to talk about:

1. Which refusal skill do you feel most comfortable using?
2. If you want to leave a situation, who are two people you could call?
3. What can your parent do to make you feel comfortable using refusal skills?

Commitment Statement

You have learned about the consequences of using drugs and alcohol. Now, what will you commit to?

Instead of using drugs or alcohol when I am stressed or depressed, I commit to

If I am offered drugs or alcohol, I commit to

I commit to not using drugs or alcohol so that I can reach my goal of

