



Being Assertive & Using Refusal Strategies

Relationships, Module 4




AGENDA




1. Brainstorm: Do you think it is fair that a friend can't go to a party without adult supervision?



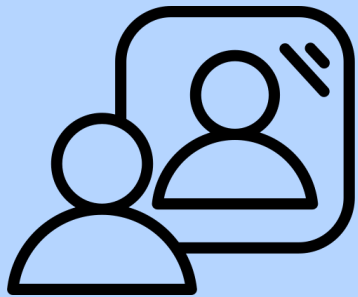
2. Review examples of being assertive.



3. In a group, role play refusal strategies.



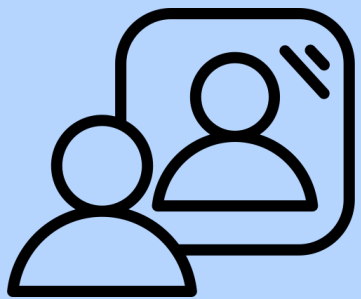
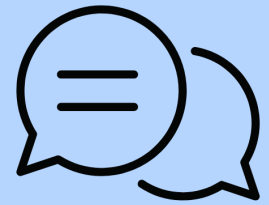
4. Reflect: Describe what having a healthy mind and body allows you to do that would be more difficult if you weren't healthy.



BRAINSTORM



A friend really wanted to go to a party but their parents wouldn't allow them to go because there wasn't an adult present. Do you think this is fair?



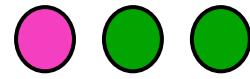
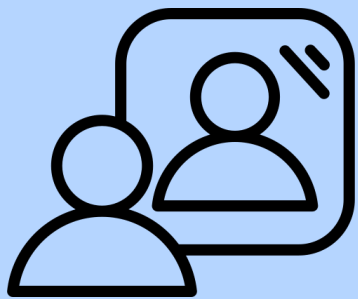
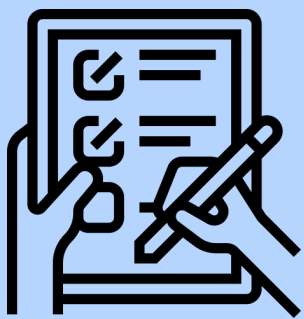
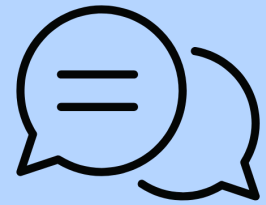
DISCUSS



Share your thoughts from the brainstorm section.

What do you think parents are worried about?

What do you think your family might be trying to protect you from?

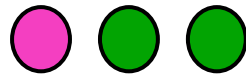
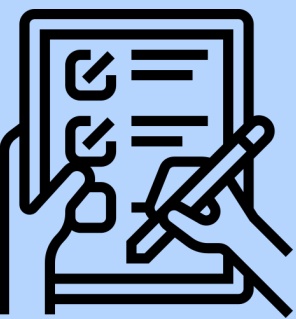
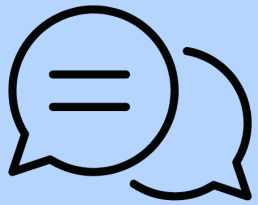


DISCUSS



What do you think their parents are worried about? What do you think they might be trying to protect you from?

- Drugs
- Sexual activity
- Smoking
- Alcohol
- Reckless behavior
- Bullying, etc.

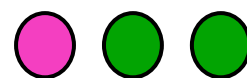
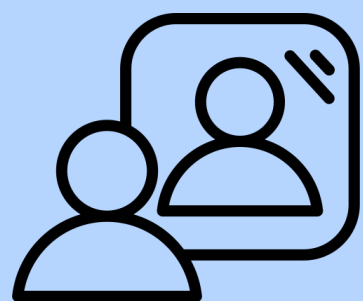
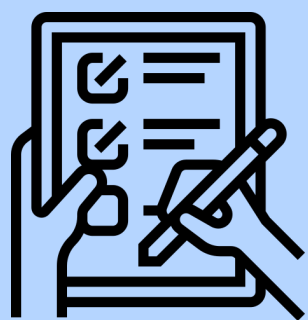


DIVE IN



A **refusal strategy** is a way that you can say no to something without just saying no. It's important that we stay calm but assertive in these situations.

Being **assertive** means that you are direct and confident without being rude or aggressive. Being assertive is a skill that can be challenging even for adults, but with practice you can get better at it. When we are assertive we don't raise our voice or use offensive language, but we state our feelings and opinions directly.



DIVE IN



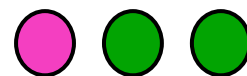
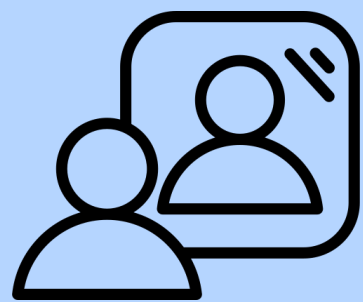
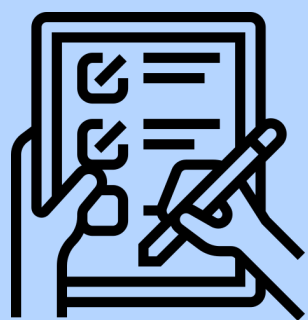
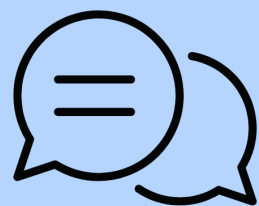
What being assertive looks like?



Someone is encouraging you to use drugs. You can say, "No thanks. I'm focusing on my fitness and that would not help me achieve my goals."



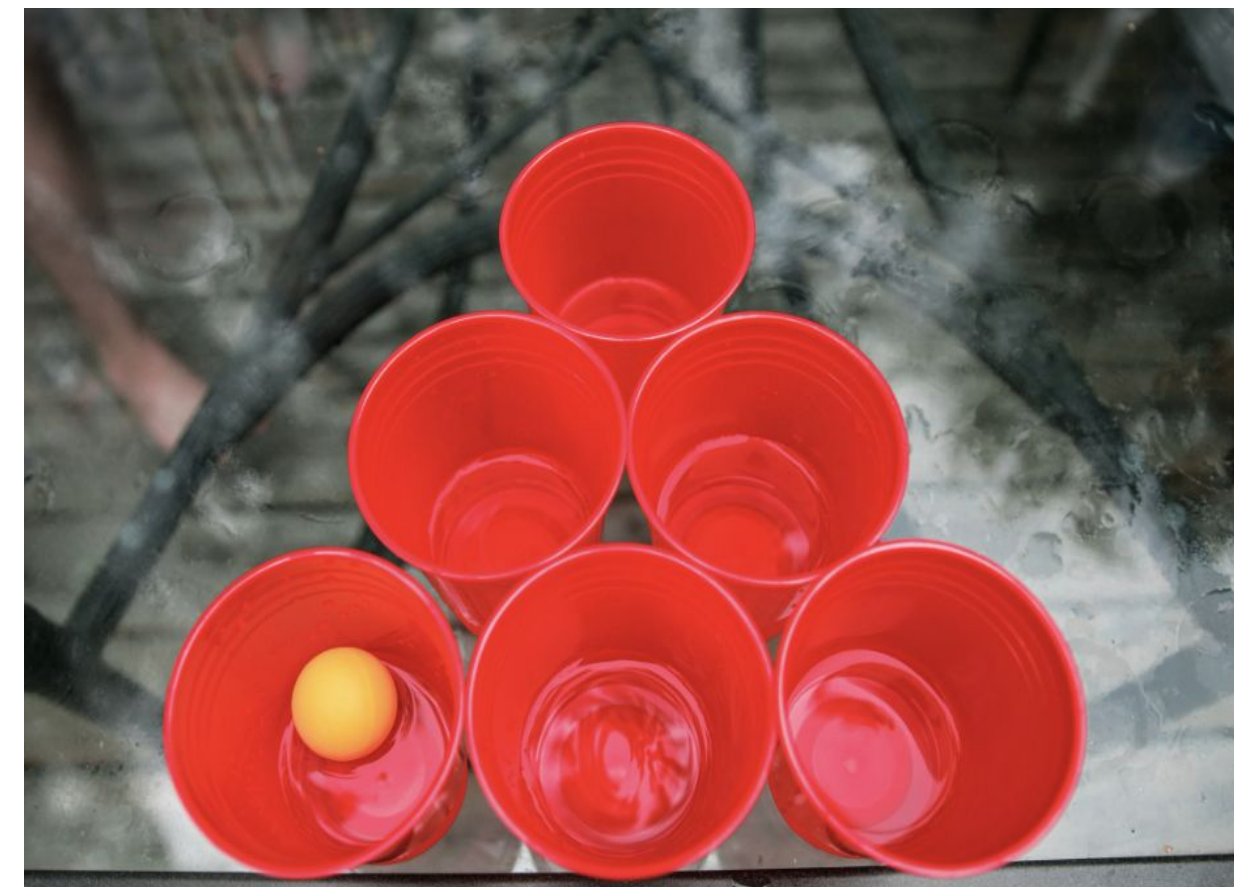
Someone tries to pressure you into sexual activity by saying, "What are you afraid of?" You can respond assertively by saying, "I'm not afraid. I just don't want to."



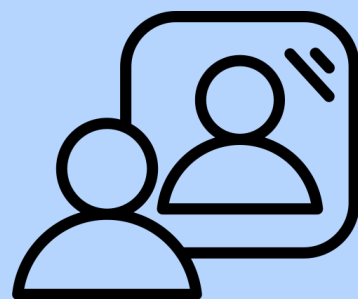
DIVE IN



Someone tries to convince you to try smoking. Another way to say no is to blame someone else. You can say, “My parents will be super upset if they find out I’ve been smoking.”



Someone tries to persuade you to go to a party you know there will be underage drinking and drug use. You can refuse by redirecting the group to a different activity. You can say, “What about we go check out that movie we’ve been wanting to see instead of going to a party.”



ACTIVITY



In a group, consider the scenario and review the refusal strategies used and role play the refusal strategies used.



Worksheet

Name: _____

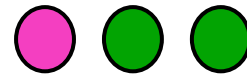
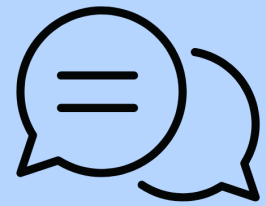
Date: _____

Being Assertive & Using Refusal Strategies

Refusal Strategy	Scenario 1: You're at the mall. You see something you want, but don't have enough money to buy it. Your friends are hatching a plan to shoplift the item.	Scenario 2: Your one year anniversary is coming up and your partner is already dropping hints that they expect something special to happen.
State your feelings and opinions directly	<i>Getting caught isn't worth it.</i>	<i>You mean a lot to me, but I'm not ready for that step yet.</i>
Just say no	<i>No thanks, I just don't want to.</i>	<i>I said no, and I mean it.</i>
Blame someone or something else	<i>My parents would freak out if they found out.</i>	<i>That goes against my personal values.</i>
Redirect	<i>I'm starving! Does anyone else want pizza?</i>	<i>I can't wait for you to see the present I got for you!</i>
Show concern	<i>It would break me if anything happened to any of you!</i>	<i>I really want our relationship to last a long time.</i>
Take action	<i>I gotta get home. I forgot I have to watch my little brother for my parents.</i>	<i>I'm going to go now.</i>

Reflect

Smoking, vaping, using drugs, and drinking alcohol can have catastrophic effects on your body and mind, including addiction, disease, and even death. Avoiding these substances can help keep you healthy. Write about why you are grateful to have a healthy mind and body. Describe what having a healthy mind and body allows you to do that would be more difficult if you weren't healthy.



REFLECT



Smoking, vaping, using drugs, and drinking alcohol can have catastrophic effects on your body and mind, including addiction, disease, and even death. Avoiding these substances can help keep you healthy. Write about why you are grateful to have a healthy mind and body. Describe what having a healthy mind and body allows you to do that would be more difficult if you weren't healthy.



Extend & Enrich

There are many references to sex, drugs, alcohol, smoking, and vaping in the media, especially in advertisements, music, TV shows, and movies. Have students evaluate one and then ask them to create their own PSA (Public Service Announcement) promoting drug, alcohol, smoking, or vaping prevention. Students can choose to create a poster, podcast, PPT, video, or other resource.

For additional resources and ideas, check out Common Sense Media at:
www.commonsense.org/education/.



Home Connection



Home Connection

Being Assertive and Refusal Strategies

Dear _____,

Today in class, we learned that a **refusal strategy** is a way to say no to something without just saying no. It's important to stay calm but assertive in these situations. Being assertive means being direct and confident without being rude or aggressive.

Please encourage your student to practice the refusal strategy at home and report on how it went.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: Studies suggest that teachers also need help saying no to extra tasks, roles, and assignments. Are there areas that you can reduce your extra workload by saying no?





Lesson Complete!

