

Refusal Skills

Lesson: Adolescence

Describe how you would use the following refusal skills to respond to the following scenario. Remember to be clear and choose your words carefully. Describe your body language as well as your words.

Your friend Michael just started smoking. One day you are at his house, and he offers you a cigarette. You are not interested in smoking, but you want to feel cool. He tells you that all the popular people at school smoke.

1. Say no. How would you tell Michael no?

2. Offer an alternative. What could you do instead of smoking?

3. Stand your ground. What would you do if Michael kept pressuring you to smoke?

4. Walk away. Describe how you would get out of the situation.

5. Plan ahead. What could you do to avoid this situation?

6. Have a support system. Who will stand by you when you are in this situation? How can you use these people as support when dealing with this situation?
