**TEEN LIVING REFUSAL SKILLS**

**LESSON IDEAS**

**Lesson Ideas from Vikki Masters, American Leadership Academy**

1. “Right Choice Activity” by Tom Jackson, found in the book “More Activities That Teach” pg. 246-248.
2. “Gorilla Game” by Tom Jackson, found in the book “Activities That Teach” pg. 129-131.
3. “Pressure Point Activity” by Tom Jackson, found in the book “Activities That Teach” pg. 185-187

**Lesson Ideas from Sarah Melson, North Layton Jr. High**

I have the students make sock puppets and write a script using the refusal skills in a peer pressure situation. Then they do the puppet shows the next day. They really like it. It only takes about 20 minutes for them to perform them.

**Lesson Ideas from Valerie Shaw, Kennedy Jr.**

I have my students write scripts using the 5 refusal skills.  Then we film them the next day on flip cameras.  Then we watch them and evaluate them on how effective the students resisted the peer pressure.

See attached document for additional resources.

**Lesson Ideas from Debra Adams**

I once went to a workshop where they got an animal trap, and asked who would like to stick their hand in it.  That worked very well.  If you ask kids if you can use their cell phone & tell them you just want to figure out how to use it, they will say no.  Use a germ box, after watching the part in sleeping beauty, the sorcerers dual where she catches a germ.

**Lesson Ideas from Danna Duncan**

 Have them role play the refusal skills. Randomly choose groups of students. Give them a situation and a role to play. See if they can apply what they learned.