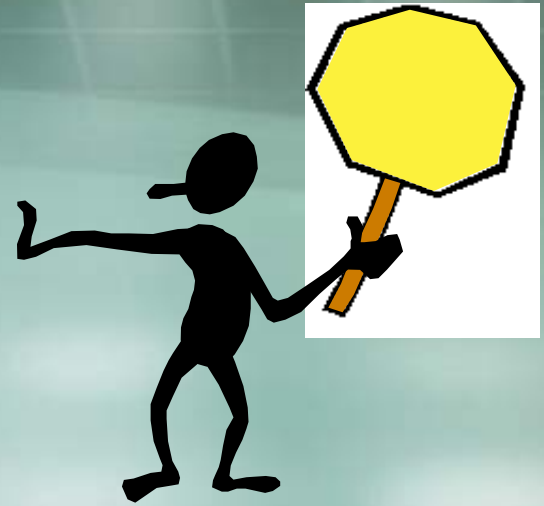


Relationship between Personal Values and Refusal Skills



Daily Thought:

- The mind is everything; what you think, you become.
– Buddha
- You are today where your thoughts have brought you.
You will be tomorrow where your thoughts take you.
– James Allen
- We become what we think about. – Napoleon Hill



Objectives:

The student will analyze the relationship between values and refusal skill.

- Review types of refusal skills
- Identify personal values
- Keep actions and behaviors consistent with values.
- Define sexual harassment and how to deal with it.

Purpose of Refusal Skills

- **When your friends are persuading you to do something that is trouble or uncomfortable for you, use a refusal skill.**

Refusal skills help you to:

- **Keep your friends**
- **Stay out of trouble**
- **Have fun**
- **Be in control**



REFUSAL SKILLS:



1. Delay: You may not need this one every time, but it is helpful to know.



2. Ask Questions: Be sure you know what someone is wanting you to do.



3. Name the Trouble: Tell them that this is something you don't want to do and why.



4. Name the Consequences: What could happen if you went against your better judgment?



5. Suggest Realistic Alternatives: Suggest something fun and safe to do.



6. Move On: Get yourself out of this situation.

Refusal Skills Steps & Examples

1. Ask questions:
"Do you have any money?"
"Will there be drugs there?"
"Who's going to be there?"

2. Name the trouble:
"That's stealing!"
"That's illegal!"
"That's dumb!"
"That makes me feel uncomfortable!"

3. State the consequences:

"If I do that I could get grounded."

"If I do that I could get in an accident."

"If I do that I would feel bad."

"If I do that my breath would smell."

"If I do that I could do something that might embarrass me."

4. Suggest an alternative:

"Instead, why don't we go watch a movie.."

"Instead, why don't we call some friends."

"Instead, why don't we play some basketball"

"Instead, why don't we play video games."

5. Move it, sell it, and leave the door open:

•"If you change your mind, I'll be at my house watching a movie. You can come if you want."

•"If you change your mind, I'm going to get some friends to play a B-ball at the park. come over if you want"

How you say no is as important as what you say.

- We have learned that refusal skills mean liking who you are but once you have discovered this you must take the next step to **Decide Against Drugs or other uncomfortable situation for you!**
- Then, let others know your decision...
- • Use “I” statements.
- • Use body language.
- • Be firm.
- *End the debate!*

Ways to Say NO!

- Several methods of saying NO work for different people. Suppose someone tries to pressure you to use drugs by saying - "Come on, try it! What's the matter, are you chicken?"

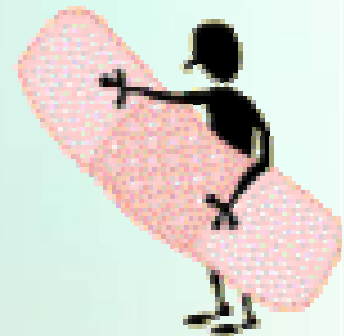
You could:

- Switch topics
- Use humor
- State the facts
- Come up with another idea
- Walk away
- Use an excuse
- Challenge the speaker
- Turn the tables
- Don't pay any attention
- Be polite



Activity: Refusal Skills and the Breaking Point

- <http://www.k12.de.us/christiana/faculty/denney/refuse.htm>



Using Refusal Skills: The Come-on Lines

1. The Come-on:

Trust me. I won't let anything happen to you.

2. The Come-on:

I've been tested and I'm clean.

3. The Come-on:

But I love you. Don't you love me?

4. The Come-on:

SHOW me how much you love me.

Making Sense of Values

Making sense of Values starts before 1880's when "Value" was a verb meaning to value or esteem something, measure of a thing, value of money for an example.

In 1880, a German Philosopher, Friedrich Nietzsche began to speak of "Values" as moral beliefs and attitudes.

Now "Values" are what we find most important or we believe in!

All decision making comes down to how we value those things on which we are deciding – always.

When you know what is most important to you, decisions is a simple process.

When you aren't sure what you value most in a situation, making the best one for you is more difficult.

“...Life is like a river, and most people jump on the river of life without ever really deciding where they want to end up. So, in a short period of time, *they get caught up in the current*: current events, current fears, current challenges. When they come to forks in the river, they don't consciously decide where they want to go, or which direction is right for them. They merely "go with the flow." They become a part of the mass of people who are directed by the environment instead of by their own values. As a result, they feel out of control. They remain in this unconscious state until one day the sound of the raging water awakens them and they discover that they are 5 feet from Niagara Falls in a boat with no oars. At this point, all they can say is, "oh, shoot!" But by then it's too late. They are going to take a fall. Sometimes it's an emotional fall. Sometimes it's a physical fall. Sometimes it's a financial fall. It is likely that what ever challenges you have in your life currently could have been avoided by some better decisions upstream.” (Robbins, 41-42).

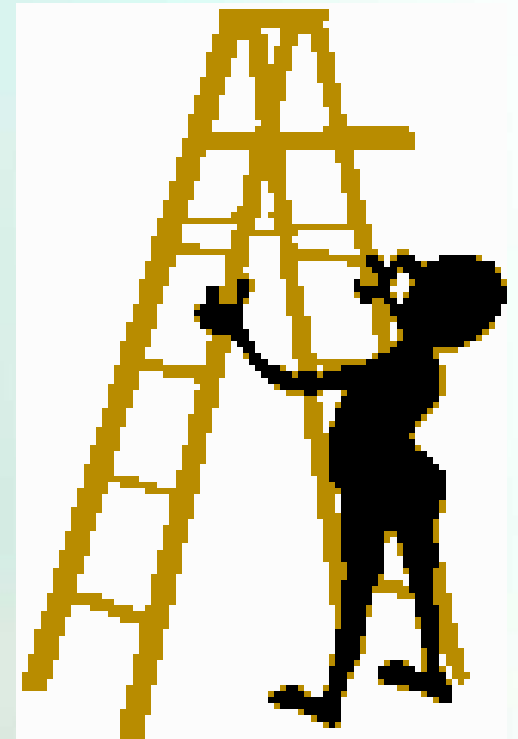
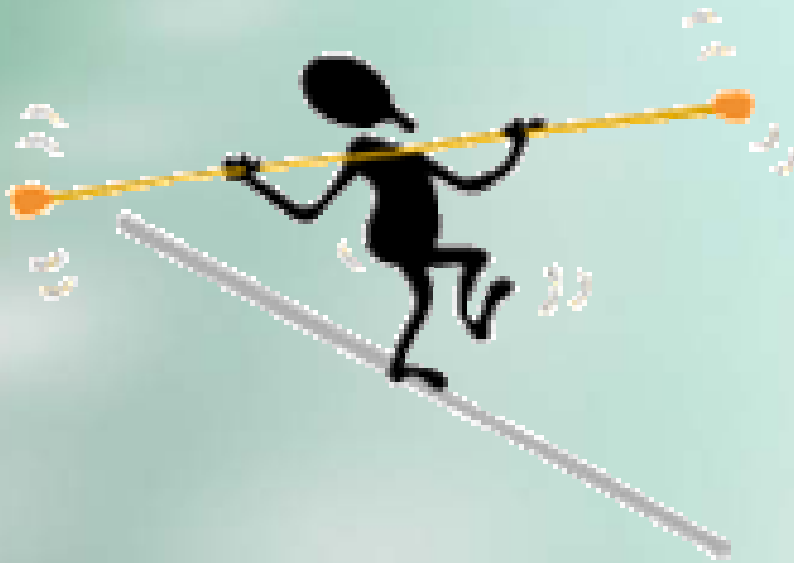
To Know Your Values

- It is something that is important to you?
- Does it make you feel good about this begin important to you?
- Does it make you feel good when you act or behave on this value?
- Does it make you feel good to know that other people show you respect because they know it is important to you?
- Have you ever acted or behaved in line with this value? How did it make you feel?
- Is it something you feel strong enough about to do it when all the other people are doing something else?
- Is it in line with your idea of who you are and who you wish to become?

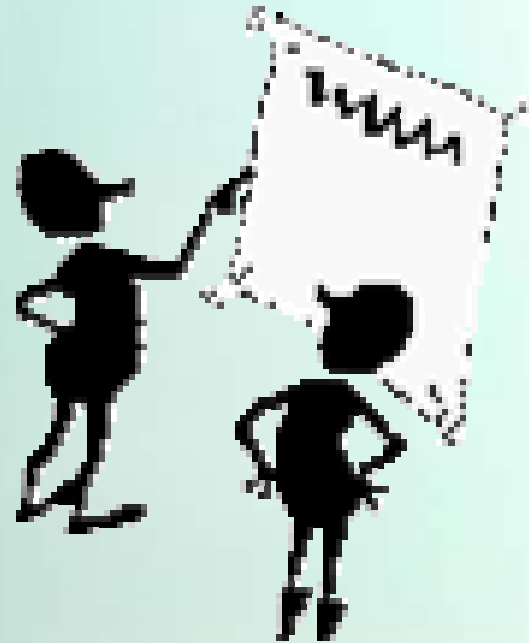
Knowing what our values are and then learning to live by them is one of the most powerful ways to gain inner peace and decrease stress levels.

- Examples
- Consider the man who deeply values his relationship with his wife and kids. He is a family man. But frequently, during his workday, he spends excessive amounts of time with other women, taking them out to lunch. This man's conscience will very likely cause some unpleasant feelings within because his actions do not match the things he considers that are most important.
- Consider the wife and mother that deeply values her relationship with her husband and kids. But, she spends a great deal of time serving others or working long hours and her family goes without some important time with her.

Value Activity: Would you do it?



Value Checklist





Story about Ben Franklin

- Ben Franklin listed 13 values that he felt was the most important to live by. He called them The 13 Virtues.
- <http://www.fisherhouse.com/books/franklin.html>

Where do our values come from?

- Our culture
- Other family influences
- Our teachers
- The internet
- Our parents
- Our Friends
- Our Environment
- Television



We rarely question most of the values that we live by.

- Hand out of “Suggestion for Living Better From the Life of Benjamin Franklin”

Discussion:

- What is the relationship between Values and Refusal Skills?
- How can Refusal skills help us keep our actions and behaviors consistent with our values?
- Why is it important that we continually identify our values
- How does a ship without a rudder wandering aimlessly in the sea relate to values and refusal skills?

The five risky behaviors are like a spider web. It is easy to get stuck and very hard to get out.

Indulging in one risky behavior leads to another and another. Before you know it you are stuck in the web with a cigarette in one hand, a beer in the other, the smell of weed in the background, a girl from your math class is in the back room having sex, and two drunk guys are about to fight over some girl! It sounds over-dramatic, but it happens.



If you avoid these five risky behaviors, you can make your teen years a lot easier. You have enough to manage in trying to get good grades, make friends and deal with your parents and other adults in your life. Indulging in risky behaviors makes things even harder.

Harassment Awareness Quiz

True or False

1. Sexual harassment is a problem in society today.
2. Men or boys can be the victims of sexual harassment.
3. If a woman dresses or behaves in sexy way, she is asking to be sexually harassed.
4. Sexual harassment can occur between people of the same sex.
5. Saying “NO” is usually enough to stop sexual harassment.
6. If sexual harassment occurs in the school between students, it is illegal and the school is responsible.

Harassment Awareness Quiz

True or False

7. Women who work in jobs usually held by men are more likely to be sexually harassed.
8. The only people who can harass others are those in positions of authority.
9. One of the best ways to deal with sexual harassment is to ignore it.
10. A recent study reported that four out of five students experienced some form of sexual harassment in school.

Sometimes it is hard to tell if someone is flirting with you or if they are sexually harassing you. The main idea is how it makes you feel. If you are hurt or want it to stop, it is harassment.

(Unwanted and repeated behavior that you have asked for it to stop, is harassment!)



Risk Reduction

Precautions on dates

- Know your date's name, address and workplace.
- Meet new people in public places.
- Try to date a new person as part of a group.
- Trust your instincts about possible danger.
- Express yourself and expect your statements to be honored.
- Be aware of your environment. Alcohol and drugs inhibit your decision-making ability.
- Make arrangements with parents or friends to pick you up if you should ever need a ride.

Dating Violence

- Physical
 - Actions which cause physical pain or injury, such as kicking, pushing or punching.
- Emotional
 - Actions which cause loss of self-esteem, such as name-calling, swearing or criticizing.
- Psychological
 - Actions which create fear, such as isolation or threats.
- Sexual
 - Acts of sexual nature that are unwelcome or uncomfortable.

Victims need to know:

- The abuse is not your fault.
- You do not deserve to be abused.
- You cannot change someone who is abusive.
- Staying in the relationship won't stop the abuse.
- Over time, the abuse will get worse.
- Make a safe plan to follow when the abuse happens again.

Rights you have when dating:

- Be treated with respect.
- Your own body, thoughts, opinions and property.
- Have your needs be as important as your partner's.
- Not take responsibility for your partner's behavior.
- Keep your friends.
- Grow as an individual.
- Break-up, fall out of love or leave a relationship.

Questions?

1. Are refusal skills and values related?
2. Can knowing your values help you use refusal skills or vice versa? How?
3. What is the importance of understanding our values and living by them?
4. What have you learned during this lesson?



Summary:

- Your task now is to do as; Ben Franklin did, and internalizes your values. By looking at them often and thinking deeply about what they mean to you, little by little these will become part of you. You will become the person you most want to be.
- You will live your life the by making your own choices and not by letting other make your choices for you. Your last words before departing this life will not be “if only”.

- Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.
– John Wooden
- Happiness is when what you think, what you say, and what you do are in harmony.
-Mahatma Gandhi
- This above all, to thine own self be true, for it must follow as dost the night the day, thou canst not then be false to any man.
-Shakespeare
- The measure of a man's real character is what he would do if he knew he would never be found out.
-Thomas B. Macaulay

- Robbins, A. (1991). Awaken the Giant Within. Summit books. New York, NY.
- <http://www.fisherhouse.com/books/franklin.html>
- <http://faculty.weber.edu/molpin/healthclasses/1110/bookchapters/valueschapter.htm>