

REFUSAL SKILLS

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The Goals:

1. Keep your friends.
2. Have fun.
3. Stay out of trouble
4. Stay in control.

1. ASK QUESTIONS.
 - a. Ask questions to see if there is trouble.
 - b. Two key phrases are, "Is it okay with your parents?" and "Do you have any money?"
2. NAME THE TROUBLE.
 - a. You name the trouble to help your friend realize what he/she is really asking you to do.
 - b. Two key phrases are, "That's mean," and "That's illegal."
3. STATE THE CONSEQUENCES.
 - a. You identify the consequences to help your friend realize what could happen.
 - b. Two key phrases are, "If I did that I could get sick," and "If I did that I just wouldn't feel right about it."
4. SUGGEST AN ALTERNATIVE.
 - a. You suggest an alternative to let your friend know you aren't rejecting him or her—just the trouble.
 - b. Two key phrases are, "Let's go play basketball," and "Let's go get something to eat."
5. MOVE IT, SELL IT, AND LEAVE THE DOOR OPEN.
 - a. You move it, sell it, and leave the door open to get away from the pressure.
 - b. "Move it" means you start walking away.
 - c. You "sell it" by making your alternative sound appealing.
 - d. You leave the door open by inviting your friend to come with you.



WHAT TO DO UNDER PRESSURE:

1. Stay calm.
2. Say the person's name and make eye contact.
3. Say, "Listen to me."
4. Pause to see if the person is listening.
5. If the person is listening, continue to use the skill. If not, then say the person's name and "Listen to me," again.
6. If the person still doesn't listen after two or three times, then leave, saying something like, "I'll see you later."



Is Life Magic?

1,3,5,7,9,11,13,15,17,19,21,23,25,27,31

2,3,6,7,10,11,14,15,18,19,22,23,26,27,30,31

4,5,6,7,12,13,14,15,20,21,22,23,28,29,30,31

8,9,10,11,12,13,14,15,24,25,26,27,28,29,30,31

16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31

PREVENTION DIMENSIONS

