

# Refusal Skills

## Summary

Having the ability to refuse or stand out alone when peer pressure is strong is often very difficult, but a person can resist if he/she really wants to. If he/she really want to, it is easy to give in. Remember, everyone has the power to resist, but everyone doesn't sincerely want to.

## Time Frame

1 class periods of 70 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Character, Social & Civic Responsibility

## Materials

- Bell Ringer Cards for each student
- Refusal Skills Study Guide Handout
- Refusal Skills PowerPoint Presentation
- Wooden Clothespins - 1 per student

## Intended Learning Outcomes

Students will be able to identify and practice various types of refusal skills.

## Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Refusal Skills Lesson Plan" attachment.

## Assessment Plan

Instruct the students to take notes on their study guide and participate in the activities throughout the lesson. There will be no homework for this lesson.

## Bibliography

- [Teen Living Curriculum Guide](#)  
from the Utah State Office of Education  
Jackson, T. (1995). *More Activities That Teach*. Cedar City: Red Rock Publishing.  
Jackson, T. (1993). *Activities That Teach*. Cedar City: Red Rock Publishing.

## Authors

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