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.

Main Core Tie
Teen Living
Strand 3 Standard 2

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

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