

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
- 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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