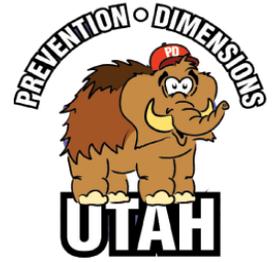


We Can Say No!

More Practice With We STOP'D



3 Cs

-  I care about myself.
- I care about others.
- I care about my community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.

Preparation

Materials

- magazines advertisements
- glue
- paper

Music

- The "Right Choice" from the CD *Something Good* (see page 145)

Vocabulary

- | | |
|------------|----------|
| resistance | pressure |
| persuasion | peer |

Lesson at a Glance

Introduction

1. Examples of Advertising

Strategy

2. Techniques with real-life situations
3. Ways to Say 'No!'

Conclusion

4. The Right Choice

Core Curriculum Objectives and Standards

Objectives

Students will understand peer pressure and techniques on how to say "No."

Standards

7020-0702 Recognize the positive and negative impact of media.

Teacher Notes

Introduction

1. Examples of Advertising

Show examples of advertisements.

- What is this advertisement trying to suggest?
- What is the purpose of this advertisement?
- Who is this advertisement targeting?
- What kinds of persuasion is this advertisement using?
- Do advertisements tell the whole story?
- What are things this advertisement is not telling us?
- Do we have to buy what this advertisement is trying to sell?
- What kinds of things do friends try to “sell” us?

Strategies

2. Techniques with real-life situations

In cooperative learning groups, video or role-play a commercial in which others are persuaded to buy a product.

- Discuss other situations in which advertisements are used.
- Discuss ways to respond to advertisements.
- Discuss how advertisements can be like peer pressure.
- Discuss how the three ways to say, “No!” may be used when we are pressured to do something we don’t want to do.

3. “Ways to Say ‘No!’”

Using the “Ways to Say No!” resource sheet on page 97, teach the three ways to say, “No.”

- Broken Record
- Find a Friend
- Walk Away

Conclusion

Music

4. The Right Choice

Learn and sing the song “The Right Choice.”



Ways to Say No!

Broken Record

Pick one phrase. Keep repeating it no matter what is said in response.

For example:

No, thanks.

No way.

No, I don't want to.

No, I want to stay healthy.

Find A Friend

When the pressure gets stressful, pick a person in the group who is a friend.

Ask him or her if he or she would be a buddy.

It's much easier to leave an uncomfortable situation with a friend.

Walk Away

When friends just don't seem to want to take "No" for an answer, just leave the situation.

