


# We Can Say No!

More Practice With We STOP'D



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## 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.

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## Preparation

### Materials

- magazines advertisements
- glue
- paper

### Music

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

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## Vocabulary

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

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## 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

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## 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.**

