

# Module 5: Keeping It Together

## Topic 4 Content: Refusal Skills Notes

### Introduction

#### Refusal Skills

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By learning a range of possible responses, you are more likely to be able to refuse peer pressure when the time arises. Knowing what to say and feeling comfortable when faced with pressure by your peers are important life skills. In this interactivity, click **NEXT** to explore several ways to refuse peer pressure.

1 2 3 4 5 6 7 8 9

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### Topic 4 Content: Refusal Skills Notes

#### Firmly Say "No"

**Refusal Skills**

Firmly Say "No"

When pressured by your peers, simply and firmly say "no." You do not need to add anything else to your statement.



1 2 3 4 5 6 7 8 9

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#### Provide Reasons

**Refusal Skills**

Provide Reasons



Provide some reasons why you are unwilling to participate in the activity. For example, smoking gives you bad breath and yellow teeth, and causes cancer.

1 2 3 4 5 6 7 8 9

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#### Leave the Situation

**Refusal Skills**

**Leave the Situation**

Sometimes it is best to avoid the situation entirely. Simply walk away and leave your friends before you put yourself in harm's way.

A photograph showing a person from behind, walking away on a paved sidewalk lined with trees. The person is wearing a plaid shirt, blue jeans, and a red bag. Other people are visible in the distance on the sidewalk.

1 2 3 4 5 6 7 8 9

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#### Change the Subject

**Refusal Skills**

#### Change the Subject

Changing the subject is a great way to divert the pressure you are receiving from your peers.



1 2 3 4 5 6 7 8 9

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#### Suggest an Alternative Activity

**Refusal Skills**

Suggest an Alternative Activity



Suggest an activity that does not have a negative consequence. Activities like going to the movies, shopping, or participating in a sport are great alternative activities.

1 2 3 4 5 6 7 8 9

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## Topic 4 Content: Refusal Skills Notes

### Find New Friends

**Refusal Skills**

**Find New Friends**

Any friends who are pressuring you into activities with negative consequences are not true friends. You should find friends with similar interests who do not pressure you to do harmful things.



1 2 3 4 5 6 7 8 9

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### Topic 4 Content: Refusal Skills Notes

#### Question Your Peers

**Refusal Skills**

Question Your Peers



Sometimes it is best to question your peers. Ask them, "What are you thinking?" or "Why would I want to do that?"

1 2 3 4 5 6 7 8 9

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### Delay Your Decision

**Refusal Skills**

Delay Your Decision

When put under pressure you can always delay your decision. Tell your peers, "not today."



1 2 3 4 5 6 7 8 9

When put under pressure you can always delay your decision. Tell your peers, "not today."


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## Topic 4 Content: Refusal Skills Notes

### Stand Firm

**Refusal Skills**

Stand Firm



In some situations, it is best to stand firm. Make it clear to your peers that you will not engage in harmful activities.

1 2 3 4 5 6 7 8 9

In some situations, it is best to stand firm. Make it clear to your peers that you will not engage in harmful activities.