Refusal Skills

*How to say, NO to risky behaviors while still keeping friends.*

A situation occurs where there is some uncertainty:

Hey...want to come over to my house after the game?
John is having a party on Saturday night, wanna go?
(Hanging by snack bar after school)...Hey, my house is 5 minutes away. Let’s go hang out there.

**1. Ask questions:** What are we going to do? Will there be any adult supervision?

If the answers you get are vague: Dude, we are just going to hang out.

USE your parents: Before I can go anywhere I need to check with my parents. They always want to talk to the parents first.

If the answers suggest trouble: No, my parents aren’t going to be there...that’s the point.

Then I can’t go. Before I can go anywhere I need to check with my parents. They always want to talk to the parents first. Perhaps... My parents are crazy that way.

If the answers are clearly trouble: I’ve got some pot at the house. I can get into my dad’s liquor cabinet. The party is going to be awesome. John’s parents are going out of town. Well Mary’s parents will be there...but last time, they just stayed in their room the entire time. It’s a big house!

**2. Name the trouble (personalize it):** No...I’m good. No, I’m not going to take a chance of my parents finding out. They are crazy about that stuff. No way. I’m not going to take a chance with our school’s drug testing program. No thanks. I don’t want to take a chance of getting kicked off my team.

**3. Quickly name an alternative:** I’m just going to hang out here until my parents come. I’m going to go check out the_______ practice. How about we go see if we can shoot some hoops in the old gym? I just remembered I gotta check with (teachers name) about a late assignment I have. I’ve got a family thing going on Saturday night. My parents are real big on that kind of stuff.

If there is pressure: Dude, forget that....your parents aren’t going to find out. Na...we don’t want to go shoot hoops, come on let’s go for a walk off campus. Dude, check with the teacher tomorrow, let’s go to my house now!

**4. State your plan and leave the door open:** Hey guys, I’m going to check out that practice....I’ll catch up with you guys tomorrow. Hey guys, I just have to meet with that teacher today... I’ll see you guys tomorrow. Okay, well I’m going to work on my hoops, if you change your mind you know where I’ll be. See ya later.

REAL settings? List: 1. Hanging out at a FL sporting event with people.
2. Hanging out at the park/somewhere else with friends.
3. A 9th grader invites an 8th grader to a party.
Proactive things you can do to help you make smart decisions.

1. Have at least one trusted friend NOW (hopefully 2 or 3) who you talk with and agree that you will stick together and not do drugs, alcohol, or have sex. You will go to parties together and leave together if something comes up.

2. Have a safety plan **for unexpected situations**.... *walking with some guys and someone just pulls out some cigarettes....or you go to a party where you were told there will be adult supervision, but their isn’t any. ..or you are at a friend of a friends house and some illegal substance (tobacco, alcohol, pot) appears.*
   Examples of a safety plan: ....texting your mom, **Hey mom, how is grandpa?** ---signal you are in an uncomfortable place. They will call you, say something is **real serious** with grandpa and they will come and pick you up.
   Text. I’m just ‘**chillin’** at Jack's house. The word **chillin** is the signal for them to call and get you.

3. Make the decision NOW! Make a conscious decision (to yourself and to God) to not use any illegal substance or to have sex. By making a conscious decision, you will have more power to resist when temptation comes your way.