

# PRACTICE = PREPARED

## ACTIVITY

### Time Needed

10–15 minutes

### Materials

Paper (review the 10 refusal types on the following pages)

Markers/Pencils/Pens

### Activity Description

Sometimes you might feel pressure to do something that doesn't feel right, like trying a vape, skipping class, or making fun of someone.

That's called peer pressure, when you feel pushed to do something just to fit in. It can be spoken or unspoken, and it's not always obvious. Maybe someone says something directly, or maybe it's just a look or being left out.

Either way, it can be tough. But there are lots of ways to say no and stay true to yourself. This activity will help you figure out how.

### Suggested Steps

1. On the next page, you'll see a list of 10 ways to say "no". These are called refusal skills: different strategies you can use when someone tries to pressure you into doing something you don't want to do.

2. Take a few minutes to read through the list. Which one feels the most natural or easiest for you to use? As you read, ask yourself:

*"Which one of these would I actually use in real life?"*

3. Come up with 1 or 2 things you could say if someone pressures you to do something you don't want to do.

Write them down on a piece of paper. These are your go-to phrases if someone ever pressures you to do something you don't want to do.

These can be real excuses, quick one-liners, or anything that helps you say no. There's no right or wrong answer, just pick one that feels like it fits your personality or would be easiest to try.

Try to memorize them or hang them somewhere you'll see often, like your notebook, locker, or mirror, as a reminder that you always have a way to say no.



## 10 Types of Refusal Skills

Use these strategies when you feel pressured to do something you don't want to do. Everyone has a way that feels most natural. Find the one that works **for you!**

### 1. Say 'No Thanks'

Say no politely but firmly. Make eye contact.

- Example: 'No thanks, I'm not into that.'

### 2. Give a Reason, Fact, or Excuse

Give a real or made-up excuse.

- Example: "I can't. My parents will be awake when I get home and they'll ground me." or 'I have a game tomorrow.'

### 3. Use Humor

Make a light joke to deflect.

- Example: 'No way, I need all my brain cells!'

### 4. Change the Subject / Suggest an Alternative

Redirect the conversation.

- Example: 'Let's go get food instead.'

### 5. Walk Away

Physically remove yourself.

- Example: Say 'No' and leave.

### 6. Broken Record

Repeat your 'No' calmly.

- Example: 'No, I'm good. Nope. Still no.'

### 7. Cold Shoulder / Ignore

Don't respond or change who you're talking to.

- Example: Look away and pretend to be busy texting.

### 8. Avoid the Situation

Don't go where you know there might be pressure.

### 9. Have an Escape Plan

Set a signal with a parent/friend to call or pick you up.

- Example: You feel uncomfortable, so you text a code word to your parent who then calls and says they need to pick you up.

### 10. Strength in Numbers

Stay close to friends who also say no. It's easier together.

- Example: You bring a friend with you that will also refuse if peer pressure arises.

