

Chapter 15 **Building Health Skills**

Developing Refusal Skills (pp. 378–379)

Imagine that your peers are trying to pressure you to do something you do not want to do. What refusal skills would you use? Use this worksheet to practice the ways you can resist peer pressure. Practice how to say *no* convincingly.

Imagine a situation in which your peers are pressuring you. They want you to drink alcohol with them. You do not want to participate. You use your refusal skills.

1. Give a reason for your refusal.

Think of at least two honest reasons that you could give your peers for refusing alcohol. Write them below.

I'm not old enough to drink.

2. Use body language to reinforce what you say.

When refusing to go along with your peers, remember that your body language strengthens your message. What body language could you use to support your message?

I should make eye contact.

Developing Refusal Skills (continued)

3. Show your concern for others.

How can you express your concern for those who are trying to persuade you? Write at least two things you could say.

What if you do something you regret?

4. Provide alternatives.

Are there activities that you can suggest to your peers that would be safer and more comfortable? List at least two.

Let's go bowling instead.

5. Take a definite action.

What if your peers still try to persuade you after you have made your feelings clear? List some specific actions that you could take to leave the situation.

I could call a family member.
