



## Grade 10 Sample Lesson Plan: Unit 11 – Refusal Skills for ATOD (Alcohol, Tobacco, Other Drugs)

### SOLs

- 10.3.C Demonstrate assertive communication skills to resist pressure to use alcohol, tobacco, and other drugs.

### Objectives/Goals

- By the end of the lesson students will be able to demonstrate assertive communication skills using the refusal skill step “I SAY NO” to refuse different drug scenarios.

### Materials

- Communication Style Kahoot.it game (<https://play.kahoot.it/#/k/ea8be80e-3235-402f-ba61-b63d9ccfb1e0> )
- Communication Styles Worksheet
- “I” Messages Activity
- Drug Refusals Scripts
- I Say “NO” Refusal Skill Steps-ppt
- White Screen and projector or large monitor and computer with internet
- Individual devices for students to log on to (computers, Chromebooks, phones, etc.)

### Procedure

#### Step 1: Hook

As students are walking into class have the *Kahoot* game ready to play on the projector. Students will log into the game pin.

Say: “Today we are going to discuss communication skills. Some of you may be familiar with the different styles of communication skills and for some of you, this might be new vocabulary.”

- [Communication Style Kahoot.it](#)
  - Between questions during the *Kahoot.it* game, discuss and offer advice/tips on communication styles

## Step 2: Practice and Present

- After the *Kahoot.it* game pass out the Communication Styles Worksheet
  - Have students get out of the seats and read Communication Styles Worksheet to their partner out loud.
- On the projector screen display the “I” Messages worksheet
  - Students will choose the sentences with the “I” messages
  - Students will then make up their own “I” messages written down on a piece of paper or online.
- On the projector go over “I Say NO” Refusal Skills Steps-ppt.
  - Option: Refusal Skill Poster hung in classroom
- Collect the Communication Styles Worksheet and have students choose two Drug Refusal Scenarios. Students will write two drug refusals using the *Alcohol and Other Drugs Refusal Skills Rubric* as their guide.
- After students write out their drug refusal scenarios using the rubric as a guide, they will find a partner and practice each of their two drug scenarios.
- Students will perform their best refusal scenario for the class.

### Optional:

- Students can video their drug refusal scenarios using an app like flipgrid.com
  - [Flipgrid](#) (optional)
- Students can peer review each scenario for points.

## Step 3: Assessment

- Alcohol and Other Drugs Refusal Skills Rubric
- [Communication Style Kahoot.it](#)

## References

- Benes, S., & Alperin, H. (2016). The essentials of teaching health education: Curriculum, instruction, and assessment.
- Kimberly Ohara-Borowski M.Ed. Ocean View High School

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

## Communication Styles: Passive, Aggressive Assertive

<b>Passive</b>	<b>Aggressive</b>	<b>Assertive</b>
<p>Not speaking up when you want something. Giving in and/or saying “yes” when you really don’t want to. Acting this way in order to be liked, to be nice or not hurt the other person’s feelings.</p>	<p>Trying to get your own way or stand up for yourself by putting someone else down or violating that person’s rights. Taking what you want. Threatening or forcing a person to give you something.</p>	<p>Giving people an honest “no” to things you don’t want. Asking straight for what you want without putting them down. Not using other people, and not letting yourself be used. Values self equal to others.</p>
<p><b>Speech:</b></p> <ul style="list-style-type: none"> <li>• Saying Nothing</li> <li>• “Ums”</li> <li>• Is not direct</li> <li>• Is afraid to speak up</li> </ul>	<p><b>Speech:</b></p> <ul style="list-style-type: none"> <li>• Put down words, say nothing while you take what you want</li> </ul>	<p><b>Speech:</b></p> <ul style="list-style-type: none"> <li>• Honest</li> <li>• Direct words</li> <li>• Uses a conversational tone</li> </ul>
<p><b>Voice:</b></p> <ul style="list-style-type: none"> <li>• Soft</li> <li>• Whining</li> <li>• Staying quiet not speaking up</li> </ul>	<p><b>Voice:</b></p> <ul style="list-style-type: none"> <li>• Loud</li> <li>• Cold</li> <li>• Tense</li> </ul>	<p><b>Voice:</b></p> <ul style="list-style-type: none"> <li>• Clear</li> <li>• Firm</li> <li>• Loud enough to hear but not too loud</li> </ul>
<p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• Avoids looking at people</li> <li>• Looking away</li> <li>• Shows little or no expression</li> </ul>	<p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• Cold</li> <li>• Staring</li> <li>• Angry</li> </ul>	<p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• Direct eye contact but not staring</li> <li>• Shows expressions that match the message</li> </ul>
<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Slouches and withdraws</li> <li>• Shoulders and head down</li> <li>• Nervousness</li> <li>• Rocking back and forth</li> </ul>	<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Hands on hips</li> <li>• Stiff</li> <li>• Rigid</li> </ul>	<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Balanced</li> <li>• Head and shoulders up</li> </ul>
<p><b>Hands:</b></p> <ul style="list-style-type: none"> <li>• Fidgety</li> </ul>	<p><b>Hands:</b></p> <ul style="list-style-type: none"> <li>• Clenched</li> <li>• Pointing finger</li> <li>• Pounding fist</li> </ul>	<p><b>Hands:</b></p> <ul style="list-style-type: none"> <li>• Relaxed Motions</li> </ul>
<p><b>The Results:</b>  <b>You usually don’t get what you want. The other person wins, and you feel like you have been used.</b></p>	<p><b>The Results:</b>  <b>You may get what you want but the other person loses.</b></p>	<p><b>The Results:</b>  <b>You often get what you want. You keep your self-respect. You respect and don’t hurt others.</b></p>

## Medicine Cabinet

A friend is at your house and wants you to steal some cough medicine from your medicine cabinet. "Your parents will never notice."

Friend Peer Pressuring: "Try this cough medicine."

You:

Friend Peer Pressuring: "Your parents will never notice."

You:

Friend Peer Pressuring: "Come on, I'm just going to take a little bit."

You:

## Some things you might say:

- "I can't stand the taste of cough syrup. It's disgusting."
- "My parents *will* notice. They told me that they keep an eye on all the drugs in the medicine cabinet."
- "Nope. Taking a lot of that will just make you throw up."
- "I don't want any. Let's go play or do something else...."
- " \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_."

## School Bathroom

A kid in the bathroom offers you pills.

Kid: "Hey, check these out...They will make your next class fly by."

You:

Kid: "Just try one, they won't hurt you. I took some earlier today and I'm  
fine. "

You:

Kid:

You:

Some things you might say:

- "I can't, I have practice after school and don't want to look stupid on the basketball court."
- "My parents drug test me and I don't want to get caught with that stuff."
- "I want to keep a clean record, I don't want to jeopardize my dreams to drugs."
- "No thanks, I don't know how my body will react to it. Everyone is different."
- "  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_."

## Weekend Party

A kid at school is having a massive party this Saturday because his parents are out of town. You know that lots of people there will be drinking and getting high. A friend really wants you to go with him. You don't want to go.

Friend: "Hey, wanna go to that party this weekend?"

You:

Friend: "Come on..."

You:

Friend:

You:

Some things you could say:

- "Sorry, I'm doing this thing with my family this weekend, and there's no way I can get out of it."
- "All these parties are the same – everyone gets so wasted. The party never changes it's the same thing over and over, that gets boring to me."
- "I have a soccer game Sunday and I don't want to be hung over."
- "Let's go to the movies instead."
- " \_\_\_\_\_  
\_\_\_\_\_."

## Drunk/High Driver

You're at a party and the friend who was supposed to give you a ride home is drunk or high on drugs. She insists that she's fine and tells you to get in. You know that getting in the car with her would put your life at risk – and hers -- but you don't want to make a big scene.

Friend: "Come on let's go!"

You:

Friend: Gets in the car and turns it on...

You:

Friend:

You:

Some things you could say:

- "Since I'm sober, just let me drive. I don't want to risk getting into an accident since you are drunk/high."
- "Let me see if someone else is here who hasn't been drinking and could give us a ride."
- "You're too drunk right now. Let's walk for a while and talk – we can figure out how to get home later."
- " \_\_\_\_\_  
\_\_\_\_\_ "



## Free Period

During a free period, a person you like suggests that you go off behind the school to get high. You really like this person and don't want to embarrass yourself. But you also don't want to get high.

Peer: "Hey, I got this one hitter and want to share this with someone, let's go behind the school nobody will know."

You:

Peer: "Come on...I don't want to be alone."

You:

Some things you can say:

- "I really don't like **smoking** pot – it just makes me really anxious."
- "I've got a test next period, and I need to keep my head clear."
- "My parents drug test me and I don't want to get caught."
- "I'm exhausted – let's go to the convenience store and get some coffee instead."
- " \_\_\_\_\_"  
\_\_\_\_\_ "

# "I" MESSAGES:

PUT A CHECKMARK NEXT TO THE "I MESSAGE" BELOW

\_\_\_\_\_ You always get to pick the movie we are going to watch.

\_\_\_\_\_ I feel upset when you ignore me in front of your friends.

\_\_\_\_\_ You never listen to me when I am telling you a story.

\_\_\_\_\_ I feel like you never pay attention to the things I want.

\_\_\_\_\_ I don't want to lend you anything because you don't give things back.

\_\_\_\_\_ It is all your fault. You never help me when I need help.

\_\_\_\_\_ I feel upset when I am not included in the weekend plans.

\_\_\_\_\_ **Create your own "I" Messages below.**

# Refusal

## "I SAY NO"

**I=Statement**

**S=State a Reason**

**A=Assertive voice**

**Y=You are in control**

The "NO" statement is clear and direct

**O=Options**

What else can you do: leave the situation, get help, offer a healthy alternative

# Alcohol and Other Drug Peer Pressure Skit Rubric

I SAY “NO” Rubric	Checklist:
I-Statement	<input type="checkbox"/> Includes an “I” statement refusing the drug
State a reason	<input type="checkbox"/> States a reason
Assertive Voice	<input type="checkbox"/> Clear in voice <input type="checkbox"/> Direct
You are in control	<input type="checkbox"/> Confident posture <input type="checkbox"/> Looks the person in the eyes
The “No” Statement is clear and direct	<input type="checkbox"/> The “No” Statement is clear and direct
<b>Options</b> (What else can you do: leave the situation, get help, offer a healthy alternative)	<b>Includes at least <u>one</u> below:</b> <input type="checkbox"/> Offers to leave the situation <input type="checkbox"/> Gets Help <input type="checkbox"/> Offers a healthy alternative

## Suggestions for Improvement:

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