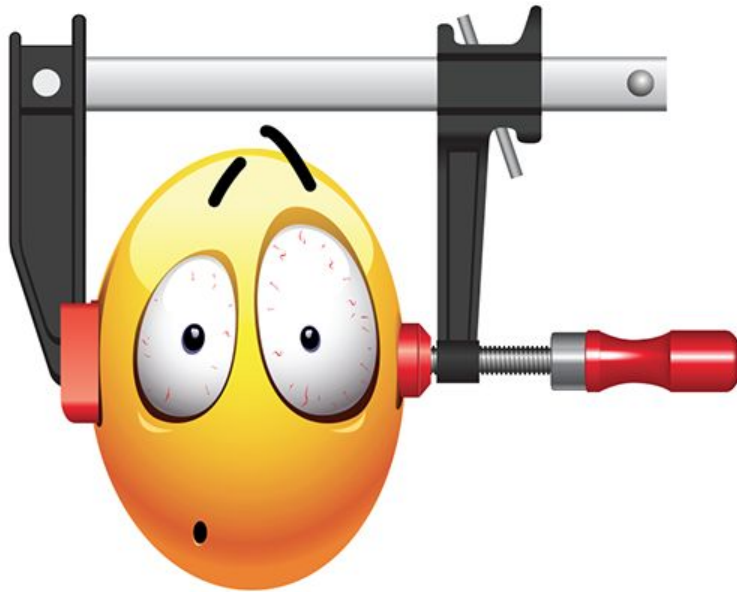


UNDER PRESSURE



NAME: _____

PEER PRESSURE: WHAT IS IT??

DEFINE PEER PRESSURE IN YOUR OWN WORDS:

WHAT COMES TO MIND WHEN YOU THINK OF PEER PRESSURE:

GIVE THREE EXAMPLES OF POSITIVE PEER PRESSURE:

1.

2.

3.

GIVE THREE EXAMPLES OF NEGATIVE PEER PRESSURE:

1.

2.

3.

TOP INFLUENCES ON TEENS FOR DRUGS AND ALCOHOL

IN YOUR GROUP: COME UP WITH YOUR TOP 5 INFLUENCES

MY GROUP'S TOP 5

- 1.***
- 2.***
- 3.***
- 4.***
- 5.***

MY CLASS'S TOP 5

- 1.***
- 2.***
- 3.***
- 4.***
- 5.***

SAYING "NO"

<i>EASIER</i>	<i>HARDER</i>

SAYING "NO"

<i>EFFECTIVE</i>	<i>INEFFECTIVE</i>

REFUSALS OBSERVER CHECKLIST

ROLE PLAY #

<i>BEHAVIOR</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
Said "NO"						
Body Language Said "NO" (if applicable)						
Repeated Refusal						
Suggested Alternative						

LET'S PRACTICE

Setting the Stage:

You and your best friend since middle school are getting ready before prom. Your friend pulls out a bag of marijuana as you finish up getting ready. They ask you to try it with them before prom. You've never smoked weed before. Your best friend speaks first:

Person 1: Look at all the fun times we have had together. C'mon let's just smoke this joint before prom.

Person 2:

Person 1: It's no big deal, it will make the night way more fun, I promise.

Person 2:

Person 1: We've been friends forever. If you really cared about me, you would smoke this with me.

Person 2:

Person 1: I love hanging out with you, but you need to learn to have fun sometimes.

Person 2:

DIRECTIONS:

YOU AND YOUR GROUP MEMBERS WILL READ YOUR SCENARIOS (FROM THE PREVIOUS PAGE) TO EACH OTHER. AS YOUR GROUP MEMBER READS, FILL OUT THE CHART BELOW:

ROLE PLAY #

BEHAVIOR	1	2	3	4	5	6
Said "NO"						
Body Language Said "NO" (if applicable)						
Repeated Refusal						
Suggested Alternative						

REFLECTION:

WAS THE REFUSAL EFFECTIVE? WHY OR WHY NOT?

WOULD THE PERSON IN THE SCENARIO BE DIFFICULT TO SAY NO TO? WHY OR WHY NOT?

REFUSAL SKILLS SKITS

- ***IN GROUPS YOU ARE TO COME UP WITH A SKIT TO PRACTICE REFUSAL SKILLS***
- ***FOLLOW INSTRUCTIONS ON YOUR HANDOUT***
- ***SKITS NEED TO BE 1-2 MINS IN LENGTH***
- ***EACH GROUP MEMBER MUST SPEAK***
- ***FILL IN THE "SKITS OBSERVATION" SHEET AS YOUR CLASSMATES PRESENT***

SKITS OBSERVATION SHEET

DIRECTIONS:

AS YOUR CLASSMATES PRESENT THEIR SKITS, RECORD THE FOLLOWING INFORMATION BELOW. COMPLETE THE CHART.

ROLE PLAY #

BEHAVIOR	1	2	3	4	5	6
Said "NO"						
Body Language Said "NO" (if applicable)						
Repeated Refusal						
Suggested Alternative						