



# High School

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Being Assertive & Using Refusal Strategies

**Directions:** In a group, review the 2 scenarios and the refusal strategies, role play within your one of the scenarios.

<b>Refusal Strategy</b>	<b>Scenario 1:</b> You're at the mall. You see something you want, but don't have enough money to buy it. Your friends are hatching a plan to shoplift the item.	<b>Scenario 2:</b> Your one year anniversary is coming up and your partner is already dropping hints that they expect something special to happen.
State your feelings and opinions directly	<i>Getting caught isn't worth it.</i>	<i>You mean a lot to me, but I'm not ready for that step yet.</i>
Just say no	<i>No thanks, I just don't want to.</i>	<i>I said no, and I mean it.</i>
Blame someone or something else	<i>My parents would freak out if they found out.</i>	<i>That goes against my personal values.</i>
Redirect	<i>I'm starving! Does anyone else want pizza?</i>	<i>I can't wait for you to see the present I got for you!</i>
Show concern	<i>It would break me if anything happen to any of you!</i>	<i>I really want our relationship to last a long time.</i>
Take action	<i>I gotta get home. I forgot I have to watch my little brother for my parents.</i>	<i>I'm going to go now.</i>