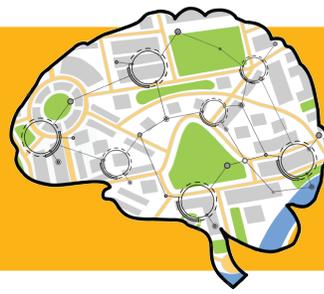


My Refusal Skills Activity Guide Grade 3-5



Know Your Neuro

Quiz Questions

1. What are refusal skills? **Answer:** Your ability to say no, especially to things that make you uncomfortable or to risky behavior.
2. What is a boundary? **Answer:** It is like an imaginary hula hoop that surrounds your body. It is always with you. It separates what you think and feel from what others think and feel.
3. When you practice refusal skills, what are you setting? **Answer:** Your boundaries!
4. How do refusal skills and boundaries help you? **Answer:** They keep you safe. They keep you from doing things that you should not do.
5. How do you build your refusal skills? **Answer:** Practice! Practice what you will say ahead of time. Then, use your refusal skills to keep yourself safe. Use your refusal skills to say 'no' if someone asks you to do something you are uncomfortable with. Use your refusal skills to say 'no' to yourself when you are tempted to break a rule.



Activities

Refusal Skills Rally

Divide the class into groups of 3-5 students. Ask each group to compete against the others by thinking of as many fun and creative ways to say 'no' as they can. Give them about 5-10 minutes to complete their lists. Ask a person from each group to read their group's answers out loud. Write each group's answers on the board. Tally the amount of responses. Praise all the groups for coming up with the most, the most creative, and the funniest refusal skills.

Honest Moments

Ask students to name three things they have trouble saying 'no' to when they are with others. Ask them to be honest and admit if they ever have trouble saying 'no' to themselves when they want to do things they know they should not. Praise for honesty!

Refusal Skills Song

Teach students the Refusal Skills Song:

Pass, no thanks, no now, I'm good
Makes your brain grow like it should
Use your brakes. Pick what to say.
Then train your brain to turn away!

Say No Scenarios

For each of the following scenarios, ask students what refusal skill they would use and why.

1. Your friend challenged you to eat worms.
2. Your friend dared you to steal alcohol from your parents refrigerator and drink it with them.
3. In the bathroom, you see some students plugging up the toilet with paper. They ask you to join in with them.
4. During the spelling test, your friend asks you to show them your paper so they can copy your answers.
5. A peer tells you to be mean to someone they do not like or wants you to go along when they are mean to others.
6. Someone asks you to send them a naked picture of yourself with a smartphone.
7. Your friend's older brother dares you try vaping when you are at your friend's house for a sleepover.
8. A friend wants to show you a picture of someone with no clothes on at an internet site they found.
5. Ask students to think of a scenario when they felt pressured to do something they did not want to do.

