

Peer Influence & Refusal Skills Activity Guide Grade 6-12



Know Your Neuro

Quiz Questions

1) Influence from members of your own peer group to take certain action, adopt certain values, or conform to be accepted is called _____.

Answer: Social or Peer Pressure

2) Real friends force their friends to do things they do not want to do. (True or False) **Answer:** False

3) Real friends influence their friends to do things that are not healthy or potentially dangerous. (True or False) **Answer:** False

4) Real friends influence their friends to do positive, healthy things. (True or False) **Answer:** True

5) What are the two types of social influence?

Answer: Direct and Indirect

6) Is social influence more powerful in one-to-one situations or in groups of people? **Answer:** In groups of people

7) Direct social influence involves being influenced in all of the following ways EXCEPT:

- A. Requests and persuasions
- B. Fashion Trends
- C. Being handed drugs
- D. Being asked to drink

(Answer: b)

8) Indirect social influence involves being influenced by:

- A. Fashion Trends
- B. Gossip
- C. Seeing people engaged in risky behavior
- D. Exposure to the actions of others
- E. All of the above

(Answer: e)

9) What are refusal skills? **Answer:** The ability to resist peer influence or pressure.

Activities

Know Your Values

Journal: Explore your personal values. What are your values concerning drugs, alcohol, bullying and other risky behaviors? Why?

Create a Skit or Illustration

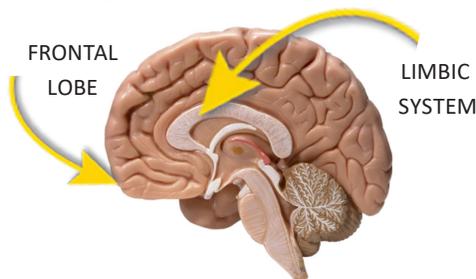
Divide the class into groups of 3-5 students. Have each group create a skit in which a teenager is directly influenced to use substances but uses refusal skills to make a difference choice. Get ideas from the "20 Hip, Slick & Cool Ways to Say no to Drugs" to the right. Or, create a comic book page that demonstrates the "refusal skill" being used in the scenario.

Discussion

In small groups, discuss the all the modern social influences that affect young people today and the obstacles to using refusing skills.

Refusal Skills: 20 Hip, Slick & Cool Ways to Say No to Risky Stuff

1. Say, "No, my parents drug test me."
2. Blame someone else. "My older brother would be embarrassed if I did that!"
3. Quietly say, "Not my scene."
4. State your reason for saying no.
5. Totally Ignored them. can be a powerful reinforcer!
6. Get the heck out of Dodge . . just leave.
7. Make up an excuse about it.
8. Hang out with peeps who do not engage.



9. Tell them you play a sport and cannot use.
10. Be polite and say, "No thank you."
11. Tell them your Mom would kill you.
12. Blame your school for doing random testing.
13. Say you are allergic to that stuff.
14. Inform them you'd try it, but you already know you wouldn't like it.
15. Distract them by asking them to go do something else with you.
16. Make a joke about how beer makes you sick.
17. Use humor and say, "That's all I need, to get grounded for a month AND have my Dad mad at me."
18. Let them know it makes you uncomfortable.
19. Share that you are a safety freak.
20. Exclaim, "Do you know that stuff arrests your Frontal Lobe development!"