



Session Eleven

Refusal Skills

Best Practices: Reading and Comprehension level

As with the discrimination session, there are many ideas and words that may be new to some youth participants. As you prepare for the Drug Jeopardy game and musical chairs, you may want to make changes to some of the words, phrases or questions so that they are a better fit for the youth participants.

The program was originally created for 10-12 year olds and then adapted for 8-10 year olds. Depending on the youth in your session, you may have a little or a lot to change.

Summary and Objectives

The eleventh week's session's summary is:

This session focuses on learning different ways to say no to drugs and alcohol. Saying no can be hard to do. Unfortunately, situations in which we need to say no happen many times in everyday life. We will learn how to use refusal skills while feeling comfortable doing so.

This session's objectives.

1. Learn ways respond to peer pressure.
2. Know various ways to say "no."
3. Understand natural and logical consequences for behaviors.
4. Parents will develop a behavioral contract with their child.

Questions for you:

What do you remember about being able to say no to situations when you were a child?

Discussion for facilitation teams:

How do you advise children in your life about walking away from unsafe situations?



Best Practices: Building on Previous Sessions

Previously, youth and parents have had the opportunity to recognize feelings in themselves and others. Understanding how we feel BEFORE we have to deal with difficult topics or difficult circumstances is very important.

We have also focused on relationships and trust building and recognizing the qualities of someone we consider a friend.

We have discussed discrimination and prejudice and talked about how to have a plan to respond to painful situations when they arise.

As you review the activities in session eleven, it is helpful to remember the previous sessions.

Each of the preceding sessions has built a foundation for the following sessions.

Session Eleven Activities:

This session has a lot of activities – the Drug Jeopardy game can take up the whole session if facilitators don't watch the clock.

It is important to remember that the "Ways of Saying No" youth activity during the breakout is very important to help youth have an opportunity to understand different ways to get themselves out of difficult situations.

Likewise, the parent breakout discussion about consequences deserves enough time for sharing and is very important.

Discussion for facilitation teams:

How do you think the preceding sessions have created a positive, dynamic environment for Session Eleven?