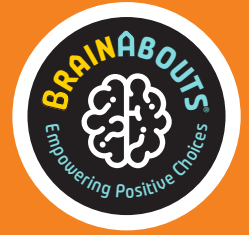


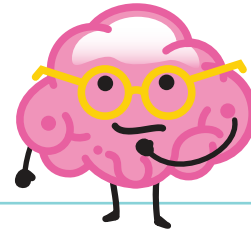
About Refusal Skills - Level 1

Activity Handout



Video Viewing Guide

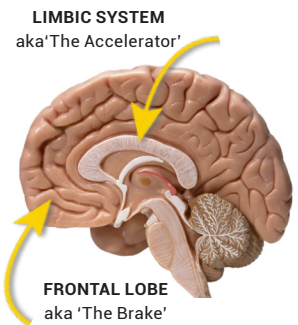
Do Now: Write 1-2 sentences in the box below in response to the question -
What does the word "refuse" mean to you?



Summarize what it means to set a boundary.

Fill In The Blank

"Your _____ is not fully developed until age 25,
but your _____ is fully grown by about age 12."



Stop and Think...

CFU #1 - Describe a time when you set a boundary with someone.

Stop and Think...

CFU #2 - Why is it good to have strong refusal skills?



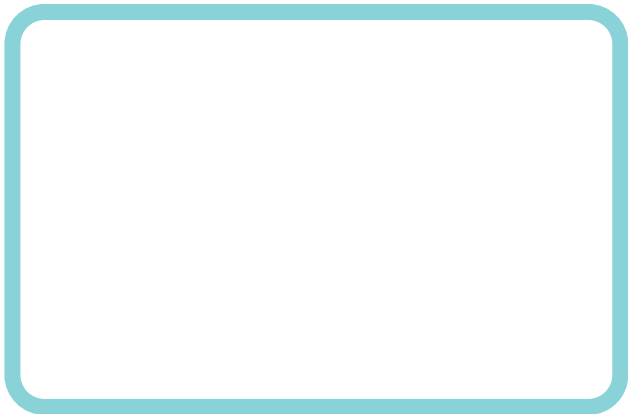
Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.

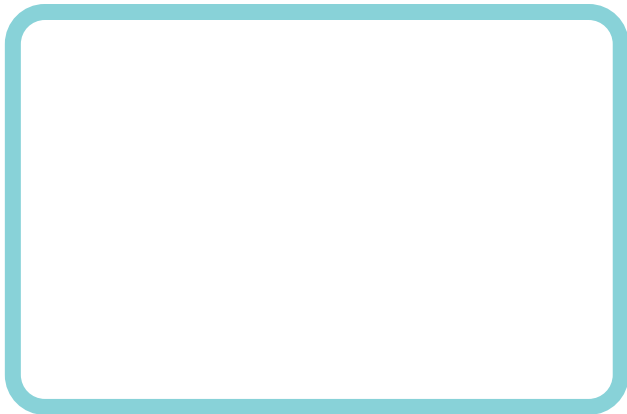
Why is it important to understand that your “gas pedal” in your brain develops long before your “brakes” develop? Give examples in your response.

Activity #1 - Independent Practice

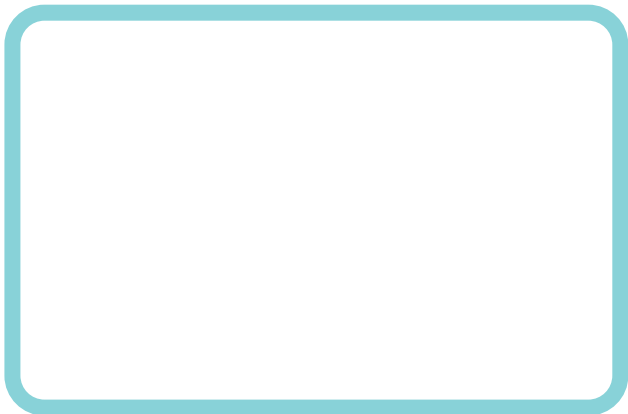
Directions: Create a cartoon strip where a character sets good boundaries and demonstrates strong refusal skills.



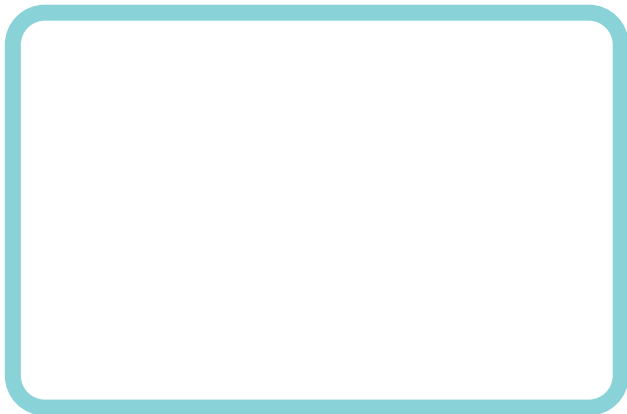
1.



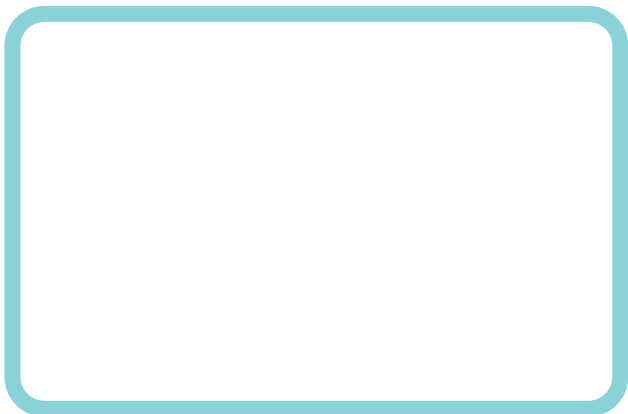
2.



3.



4.



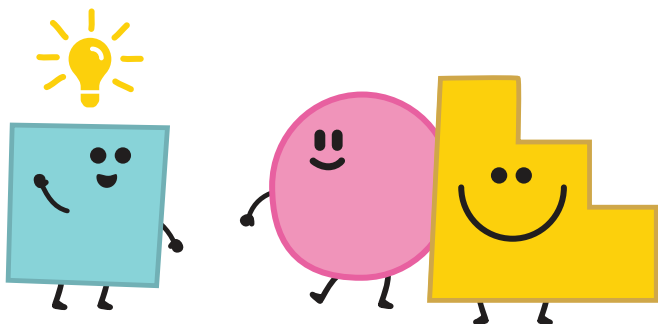
5.



6.

Activity #2 - Group Activity

Directions: In your group, brainstorm 3-5 situations that might require you to set a boundary with someone, then come up with creative ways to refuse that person. As a class, share your ideas.



Activity #3 - Extended Learning

Connect with Family - Interview a trusted family member about a time that they had to refuse a tempting situation. List the strategies your family member used on your paper, and be prepared to discuss.



Brain Quiz

- 1) **True or False:** Your limbic system develops before your frontal lobe.
- 2) Which of the following is an example of setting a boundary?
 - A. Asking a friend to not smoke around you because it makes you uncomfortable
 - B. Hanging out with people that push you to do things you don't want to do
 - C. Trying something you don't want to because you feel pressured
 - D. Pretending to like drinking alcohol when it makes you feel sick
- 3) Refusing something means _____.
 - A. Saying "yes"
 - B. Saying "no"
 - C. Saying "maybe"
 - D. All of the above
- 4) Provide an example of someone using Refusal Skills -

- 5) Provide an example of someone setting a boundary -

