

Reteaching Activity 9-5

Refusing Alcohol

It is possible to choose to refuse alcohol and experience life in healthy ways.

Directions: Below are the steps for refusing alcohol. On the lines provided, fill in the details of each step of saying no to alcohol.

Step 1: Think about the reasons for refusing alcohol. Four good reasons are:

1. _____
2. _____
3. _____
4. _____

Step 2: When you are in a situation where alcohol is present, use refusal skills. Identify what you would say for each letter.

- S _____
- T _____
- O _____
- P _____

Step 3: Find alternative ways to spend your time. Four good alternatives are:

1. _____
2. _____
3. _____
4. _____

Activity 43

Use with Chapter 9, Lesson 5

Refusal Skills

Read the following story. Then decide what the main character can say as he uses refusal skills. Complete the chart with his words.

Daniel was always a quiet and shy teen with only a few acquaintances and no real close friends. When Oliver, a boy in his math class, started spending time with him after school, Daniel was happy to have company. One day Oliver said, "Why don't you come over to my house. My parents are away, and my older brother is watching us. He lets me drink. It's cool—I can have as much as I want."

<p>Say no firmly.</p>	
<p>Tell why not.</p>	
<p>Offer another idea.</p>	
<p>Promptly leave.</p>	