



Teaching Progression:



Step 3: Use a Refusal Skill to Defend My Boundary

SUB SKILL(S):

- Explain effects of peer pressure
- Use a refusal/boundary setting strategy
 - Say no firmly and loudly. Stand tall and be clear.
 - Avoid or leave the situation
 - Suggest something different to do
 - Explain why it is a bad idea for you
 - Politely decline
 - Seek help from a trusted adult

VALUABLE VOCABULARY:

peer pressure,
refusal strategies,
personal boundaries

GUIDING QUESTIONS:

What refusal strategies do I feel comfortable using? How do I set healthy boundaries with others?

NHES PERFORMANCE INDICATORS:

(4.8.1) Apply effective verbal and nonverbal communication skills to enhance health. (4.5.2) Demonstrate refusal skills that avoid or reduce health risks.

Step 3: Use a Refusal Skill to Defend My Boundary

Sub Skill: Explain Effects Of Peer Pressure



SUGGESTED LEARNING ACTIVITY 1:

Tell students that often we state our boundaries but are still pressured to make a different decision.

Use the following questions to prompt students to reflect on peer pressure.

- What is peer pressure?
- When have you felt pressure to do something that went against your boundaries?
- How did you respond?
- How did you feel about your decision?

Language of Health Literacy:

Peer pressure is _____.

Peer pressure can make boundary-setting harder because _____.



Teaching Progression: Step 3 | Use a Refusal Skill to Defend My

Step 3: Use a Refusal Skill to Defend My Boundary
Sub Skill: Use A Refusal/Boundary Setting Strategy



SUGGESTED LEARNING ACTIVITY 1:

Explain to students that sometimes they may not feel safe or comfortable directly communicating their boundary, and therefore, they should be ready with 2-3 refusal strategies, in addition to stating their personal boundary. Model for students how to use multiple strategies.

Place students in small groups (2-3 students) to practice using refusal strategies. Provide students with 4-6 scenarios to practice strategies.

Provide students with a handout outlining the following refusal strategies:

Refusal/Boundary Setting Strategy	Language of Health Literacy:	Example:
Say "No" firmly and loudly. Stand tall and be clear.	"No, I do not want to _____."	"No, I do not want to let you borrow my soccer ball."
Avoid or leave the situation.	"I need to leave. I have _____to do."	"I need to leave. I have to be home soon, or my mom will be upset with me."
Suggest something different to do.	"I want to _____. Anyone want to join me?"	"I want to play basketball. Anyone want to join me?"
Explain why it is a bad idea for you.	"I really can't do that because _____"	"I really can't do that because it makes me feel uncomfortable."
Politely decline.	"Thanks for _____, but I can't _____."	"Thanks for asking me to go to the skate park after school, but I can't do that today."

If the person will not accept your no or respect your boundary, seek the help of a trusted adult.