



# Refusal Skills & Boundary Setting

## Language of Health Literacy:

Personal boundaries are important because \_\_\_\_.

I have the right to set a boundary about \_\_\_\_.

I do not feel comfortable or safe doing \_\_\_\_, so I will make sure I set a boundary with someone who tries to get me to do that.

I have decided to \_\_\_\_ to stay safe/healthy. Therefore, I will set a boundary when someone tries to get me to do something that makes it difficult to \_\_\_\_.

### Step 1

\_\_\_\_ is asking me to \_\_\_\_, and they are \_\_\_\_.

This is a tough situation for me because \_\_\_\_.

If I say no, \_\_\_\_.

If I say yes, \_\_\_\_.

### Step 2

I feel \_\_\_\_ when you \_\_\_\_ because \_\_\_\_.

I would like you to \_\_\_\_.

When you \_\_\_\_ that crosses my personal boundary. Can you please \_\_\_\_.

I feel uncomfortable when you \_\_\_\_.

Will you please \_\_\_\_ in the future?

### Step 3



## Step 1: Identify My Boundaries

### Sub Skills:

- Define boundaries
- Identify personal boundaries



## Step 2: Analyze the Situation

### Sub Skills:

- Explain the power of peer pressure
- Analyze the time, place, and people



## Step 3: Uphold My Boundary

### Sub Skills:

- Communicate boundary
- Say *no* firmly and loudly
- Avoid or leave the situation
- Ask a question
- Suggest something different to do
- Explain why it is a bad idea for you
- Ignore the suggestion and change the subject
- Make a joke or use humor
- Politely decline
- Seek help from trusted adult



## Step 4: Reflect

### Reflection Questions:

- Did I uphold my boundary? Why or why not?
- Who was trying to persuade me to do something I wasn't comfortable doing?
- Which refusal/boundary setting skill(s) did I use?
- Did the person respect my boundary? If not, how do I want to follow up?
- Based on how the situation resolved, how do I want the relationship with the person to change or stay the same?
- What do I want to remember next time I am pressured to do something unsafe or unhealthy?
- Do I need to seek help and support? If so, who should I go to?