

Refusal Skills Scenarios to Practice at Home

Kids are placed under tremendous stress to conform to peer pressure. The following scenarios are examples of real-life situations that require refusal skills.

Directions: When you have time at home, select a scenario and then work out different refusal skills with your child. Remember, try to let them come up with them first, and then help them if necessary.

For Example:

At school, or with peers, a friend pulls out 5 pills. He says they are fun "energy pills" and insists everyone try one.

Possible Response- "Where did you get those? No thanks - I don't put any pills into my body unless prescribed by a doctor. Taking those can be dangerous."

Now Practice These Peer Pressure Drug Offer Scenarios with Your Child:

1. At a party, a group gets into the liquor cabinet and starts to pass around a bottle of vodka.
2. You walk into the school bathroom during 4th period and see your friend and another student sharing a joint in a stall. Your friend asks if you want to try some.
3. Sitting in a friend's garage during a family picnic, her older cousins come in with some bottles of flavored alcohol. They offer to spike your punch and say that none of the adults will ever know. Your friend says OK.
4. At a sleepover, one kid starts talking about the thrill of tripping on cold pills - "It's the most amazing high and makes you forget everything." Someone asks him/her how it's done, so they go into the bathroom and find some pills to crush up for a demonstration.
5. Your friend invites you along to a party with her older sister and older friends. You suspect her older sister to be "a partier" and that alcohol will be there, but you've always wanted to know what it's like to hang out with this older and popular crowd.
6. Making the varsity team as a freshman allowed you to build relationships with many older students. One Saturday night, a senior teammate offers to give you a lift to a team party. As soon as you arrive, your friend shouts, "Someone get me a drink, I'm getting wasted tonight!"
7. You're on vacation with your friend's parents, and one night his Dad says, "Hey, you guys are almost 16 years old. How about a beer?"