

Activity 17

Say No and Mean It

Directions: When someone tries to persuade you to do something that is wrong or goes against your values, you need to use refusal skills. Practice saying no to negative peer pressure by writing your responses on the lines below.

1. Everybody else is going to the game. Why do you have to go to your sister's recital?

2. You're not going to play soccer? Who cares if there's a math test tomorrow?

3. You're not going to buy those cheap jeans are you? You should get designer jeans.

4. Let's both take one of these DVDs when the clerk is not looking.

5. If you were really my friend, you'd do what I ask.

6. Oh come on, try just one cigarette, just to see what it's like.

7. Here, drink this, it will make you feel relaxed.
