

Potential Integration:  
ELA

| Health   |
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| 3.ATOD.2.1<br>Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs. |

**Materials:**

- Internet access, link to Butts Are Gross poster, created by the Minnesota Department of Health) <http://collections.museumca.org/?q=collection-item/20105415827>
- Book, Jimmie Boogie Learns About Smoking, Tim Brenneman Grand Unification Press (You can access an online copy here: <http://www.grandupress.com/book/>)
- Appendix 1, Refusal Skills
- Appendix 2, Pressure Scenarios

**Focus:**

Show students a copy of the “Butts are Gross” image

(<http://collections.museumca.org/?q=collection-item/20105415827>)

Ask what they think it means. Tell them that smoking is an unhealthy behavior that you hope they all will avoid.

**Statement of Objectives:**

Today’s lesson deals with what you should do when confronted or pressured to use alcohol, tobacco, or other drugs. We will learn about refusal strategies and you will practice these with your fellow-students.

**Teacher Input:**

Read Jimmie Boogie Learns About Smoking to your students. Ask the following questions for reading comprehension:

- What is the story about?
- What is the main idea of this story?
- Who are the characters in the story?
- What happened to the characters?

Ask the following questions:

- How does tobacco affect your health?
- Why is it hard to stop using tobacco after you have started?
- How could Jimmie's decision about smoking affect his health?
- Are there other drugs that children should not use? What are some examples? (make sure alcohol, OTC and prescription medications are mentioned.)
- Do you know what you should do if someone tries to pressure you into using tobacco, alcohol or other drugs?

Students should respond with a variety of refusal skills. Share Appendix 2 (Refusal Strategies) with the students and have them read aloud.

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**Assessment:**

To complete today's lesson, we are going to practice our refusal skills when faced with someone offering us alcohol, tobacco or other drugs. Role play is a way to practice a positive behavior, like refusing alcohol, tobacco or other drugs.

Let's try one together:

Suppose you and your friends are at Andy's house after school and they find some beer in the refrigerator and ask you to join them in drinking it. The rule in our family is that children are not allowed to drink alcohol. So what could you say? (Don't forget the list of refusal strategies!)

Okay, now let's have you do a couple on your own. Distribute Pressure Scenarios (Appendix 3) to all students. You may have them work in pairs. After they have finished, have them share their scenario outcomes with another student or pair of students.

**Closure:**

Today you learned how to use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs. You've done a great job using the different strategies so that Sam and Rakisha stay drug free.

# Refusal Strategies

- when you refuse, use the word "no"
- reject the drug, not the person
- hold your ground and don't change your mind
- use a firm voice and strong body language
- walk away if you have to
- offer an alternative
- reverse the pressure

## Pressure Scenarios

**1. At the bus stop, some kids from Sam's neighborhood light up cigarettes. They offer Sam a cigarette and say that if he doesn't smoke, he's a big baby. He wants to refuse the cigarette and thinks that the list of refusal strategies might help him to do this.**

Using one or more of the refusal strategies, write a conversation to illustrate how Sam could refuse the cigarette. You may draw pictures, too.

**2. Rakisha and her friends are playing at her house after school. Sam's comes into the family room with a bottle of beer and says he found it in the refrigerator. Rakisha knows that her parents expect her not to drink alcohol, but two of her friends have already agreed to have a taste.**

Using one or more of the refusal strategies, write a conversation to illustrate how Rakisha could refuse to drink. You may draw pictures, too.