

## Grade 5

### Health Objective 5.05

Demonstrate effective use of assertive refusal skills when declining alcohol, tobacco and other drugs.

### Language Arts objective: 5.04

Determine the impact of word choice on written and spoke language.

### Materials Needed:

Twain, Mark. *The Adventures of Tom Sawyer*. Scholastic, NY.  
Appendix 1 - Cards with persuasion words (three cards for each word)  
Appendix 2a, b - Pressure line and refusal skill hand out  
Appendix 3 - Refusal Skill scenario

### Focus:

Give each student a persuasion card with one word on the card. Three students will have the same word on their cards. Ask for volunteers and bring student to the front of the classroom. Students should use their voice and body to convey a meaning for their assigned word. The class should try to determine what the student is trying to convey as they say the word. Allow a second and third group of volunteers to say the same word with a different intent. After students have finished guessing the meanings of the words explain to students that often it is not what we say but how we choose to say it that tells people what we really mean. *Today we will talk about the different way we can say no to alcohol, tobacco and drugs.*

### Teacher Input:

Discuss peer pressure - or pressure from people your own age to do things you know are risky, wrong, or that you normally wouldn't do on your own. Discuss the various forms such pressure can take. Sometimes peer pressure can come in the form of manipulation.

Have the class read the segment of *Tom Sawyer* in which Huckleberry Finn offers Tom Sawyer a smoke of his pipe (chapter 16, "First Pipes").

Ask students to describe the implications of this scene and its relationship to peer pressure.

Have students write a brief essay on what they would do in the same situation. Ask students to tell what effect saying no to smoking might have on Tom and Huckleberry's friendship.

Next discuss possible guidelines for refusing drugs, tobacco and alcohol. These might include:

- when you refuse, use the word "no"
- reject the tobacco, 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

**Practice & Assessment:**

Place students into two lines facing one another. Give each student a pressure lines handout. One by one ask the students to read their pressure line and the student facing them will read their response. This give the students scripted practice for refusal skills.

Next, as the two paired students to go back to their seats and using the refusal scenario (appendix 3) allow each group to come up with their own response to the pressure situation.

Ask for volunteers to role-play the situation.

**NO**

**Whatever**

**Really**

**Please**

**Okay**

**Anyway**

## PRESSURE LINES AND ASSERTIVE REFUSAL

1. Hey, do you want a cigarette?
2. Response: No thanks. I don't smoke.
3. Statement: I'll bet you've never tried a cigarette before!
4. Response: That's true, and I've never jumped in front of a moving car before either.
5. Statement: You're just afraid to try it.
6. Response: You're right. Cancer does scare me!
7. Statement: You're afraid your parents will find out. Come on and try it. They'll never know.
8. Response: It's true that they don't want me to smoke. It's also true that I don't want to smoke. And I know they won't find out because there won't be anything to find out.
9. Statement: If you were my friend, you'd smoke with me.
10. Response: I like to be your friend, but what does smoking have to do with it?
11. Statement: Just one cigarette won't hurt you!
12. Response: You're right. But it won't do me any good either.
13. Statement: I smoke and cigarettes haven't hurt me. Look, I can still run faster than you.
14. Response: That's true. You can run faster than I can. And if you didn't smoke, you could run even faster than you do now. If I smoked, I'd only get slower than I am now.
15. Statement: Grown-ups smoke. Don't you want to be grown-up?
16. Response: Every grown-up I know who smokes wishes he didn't. Besides, being grown-up means being independent. Smoking means being dependent – on a dangerous habit. What's grown-up about that?
17. Statement: Are you sure you don't want a cigarette – just this once?

18. Response: No thanks. I don't smoke.
19. Statement: I bet you've heard that your first cigarette can make you sick and that's why you're afraid to try.
20. Response: I have heard that, and getting sick is not my idea of a good time.
21. Statement: Well, just try one puff. That won't make you sick.
22. Response: No. That will just make me cough. Why would I want to make myself cough?
23. Statement: If you never try a cigarette, you'll never know what smoking feels like.
24. Response: You're right, but I don't plan to shoot myself just to find out what that feels like either.
25. Statement: You know, a lot of people get cancer, even if they have never smoked.
26. Response: I know. And a lot of people get killed in car accidents even when it wasn't their fault, but it's still a good idea to drive safely.
27. Statement: I know some people who have smoked for thirty years, and they've never gotten cancer or heart disease.
28. Response: Some people are lucky. I don't want to take a chance.
29. Statement: You know – everybody smokes. You're going to feel weird if you don't.
30. Response: Not everybody smokes. I'm somebody and I don't smoke. And I don't feel any different now than I ever did.
31. Statement: Look, I just smoked a cigarette and nothing bad happened to me.
32. Response: I guess that depends on what you call bad. Your heart is working harder now, your eyes don't see as well at night, your blood pressure is higher, and you've added a layer of brown gunk to the inside of your lungs. I can do without that!

# Role Play Scenario

Role play ways in which your child can refuse to go along with his friends without becoming a social outcast. Try something like this, "Let's play a game. 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?"

If your child comes up with a good response, praise him. If he doesn't, offer a few suggestions like, "No, thanks. Let's play with Sony PlayStation instead," or "No thanks. I don't drink beer. I need to keep in shape for basketball."