Refusal Skills to Enhance Health and Avoid or Reduce Risky Behaviors

Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risk.

Instructions:

With a classmate create a scenario where one of you is pressuring your friend to engage in a potentially unhealthy behavior.

Brainstorm possible pressures:

1. Use alcohol

2.

3.

4.

5.

6.

Choose one of the above scenarios to demonstrate to the class.