

# TAKE A STAND



## IMPROVE YOUR REFUSAL SKILLS

Dear Mrs. D.:  
I've been at Jefferson High for almost a year. Every day it's the same thing, I get hassled on the way to school. Once at school, I have to sneak around and try to avoid two bullies who "shake me down" for my lunch money.

Andre is selling "super roids". He swears I won't have to worry about those guys any more if I take them.

I know they're not good for me, but getting beaten up isn't either.

Signed,  
Black and blue and unsure what to do

Write how you would answer if you were Mrs. D.

Mrs. D. Answers:

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Show that you recognize the danger by completing the exercise below.



Sam listened to his mom and dad discussing his football game over their cocktails. They always talked about how he wasn't as good an athlete as Joey. They didn't think his

workouts were enough to get him in shape. They wondered if there was something they could get him that would build him up.

After each game, they got on his case. Couldn't he do better? Didn't he think it was time he started remembering he was Joey's brother? Didn't he think it was time that he started playing like a real athlete?

1. Write a sentence that tells how you think Sam felt.

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2. Underline two sentences that show how Sam's parents put Sam at risk for drug abuse.

3. What might Sam say to stop his parents from this behavior?

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Write the coolest way to say, "No!"

1. **The Offer** "We've got the best team ever. Jerry has some 'roids' for you that will guarantee your success."

You say \_\_\_\_\_  
\_\_\_\_\_

2. **The Dare** "I used steroids and my muscles grew. The girls love my new look. What are you afraid of?"

You say \_\_\_\_\_  
\_\_\_\_\_

3. **The Threat** "Sally, you're holding the track team back. If you don't think enough of your team to help them win by taking these steroid capsules, then you can forget hanging out with us!"

You say \_\_\_\_\_  
\_\_\_\_\_

4. **The Feel Good Approach** "The 'roids' will build you up so you'll never look scrawny again."

You say \_\_\_\_\_  
\_\_\_\_\_

