Refusal Strategies Activity

Directions: Use the refusal strategies steps to resolve the following pressures:

These may be done by role-play or in written form.

a. “Let’s do it this one time.”

b. “No one will know if we ________.”

c. “Everyone is ________, why not us?”

d. “Being a virgin is obsolete.”

e. “You’ve already had sex before, so it’s no big deal.”

f. The partner refuses to use a condom.

Refusal strategy steps for acting out or responding to each scenario:

1. Say “No.” It’s okay to say no.
2. Give a reason for your refusal. Be honest and direct. Say what you mean, mean what you say.
3. Stand up for one’s rights and values without putting the other person down.
4. Look directly at the person and reinforce your boundaries.
5. Suggest alternative activities or options, but remember your “no” is non-negotiable.
6. Take a definite action; if pressure persists, tell the person that the relationship cannot continue. You can walk away.
7. Request more time.

FLC HS Lesson 3: Overcoming Peer Pressure/Problem Solving/Refusal Strategies