



Refusal Skills: Just Say No

Learning Objectives

- I can say no to cigarettes, alcohol, and other drugs.
- I can apply saying no techniques in harmful situations.

Teacher Notes

- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline [3.3i Video](#)

Step 1 Introduction

- The students will answer the question posed in the video: What do you already know about saying no? This is an opportunity to gather feedback from the students on what they know about saying no to someone.

Step 2 Activity

- The students will play the “Just Saying No Role play” game. Students will combine physical exercise (jogging) with role playing and how to just say no with a partner.

Step 3 Closure

- The students will answer the two closing questions posed in the video. Hopefully they will be able to repeat back the techniques they learned when it comes to saying no.

Assessments

- Pre-Assessment: What do you already know about saying “no”?
This question is intended to elicit feedback on what the students already know about saying “no”.
- Post-Assessment: What did you learn today? What other things can you do to show that you really mean no?
These questions are meant to confirm that the students understand the refusal steps in saying no.

Extensions/Connections/Applications

- Connections: Share about a time when someone may have offered them something that was harmful, and have them explain how they handled the situation.



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Created by: Denise Vitasek
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