

Learning Activity

Don't Use. Refuse!

Materials

- [Don't Use. Refuse! Scenarios worksheet](#)
- [Don't Use. Refuse! Scenario answer sheet](#)

Instructions

- Open activity with a brief discussion of refusal strategies and resiliency skills that students might use when offered alcohol, drugs, cannabis, or tobacco. Ask:
 - What are some ways to say "no" when you do not want to participate in something?
 - What things (e.g. people or skills) can help you stick to decisions and make healthy choices?
- Organize and divide students into 5-6 groups and assign each group a different scenario.
- Instruct students that they will work together in their groups for 10-15 minutes to discuss what they would do if they were in that scenario. Prompts:
 - How might you feel?
 - What could you do?
 - What could be challenging about that?
- What are things to think about in this scenario?
- What or who can help you in this scenario (e.g. skills, resources)?
- After 10-15 minutes, gather students back for a whole class discussion.
- Have a student from each group read their scenario aloud to the class. Ask the students to share some of their reflections.
- Allow other students to offer their interpretations and suggestions for appropriate responses and strategies.
- Repeat this activity with the remaining scenarios.
- Supplement responses using answer sheet to assist with discussion as needed
- Clarify information as needed using Core Knowledge Content
- **Suggestion:** Prior to the activity, review the effects of substance use.

Variations

- Have students complete the scenarios as an independent worksheet and collect them for assessment.
- Have students act out the scenarios and responses.
- Have students discuss scenarios in pairs as an enrichment activity.
- Allow students to complete this activity in small groups, using a chart piece of paper and then with a Gallery Walk format.
- Place each of the scenario worksheets at a different table or station in the room with one group at each station at a time. Have each group work on a different scenario for 5 minutes before moving to the next station. Repeat until groups have responded to an assortment of scenarios.
- Have students come up with their own scenarios to which their classmates can respond
- **Quick Review:** Whenever time permits (5-10 minutes), revisit one or two scenarios