Skills Worksheet

Life Skills

Using Refusal Skills

RESISTING PRESSURE

Sometimes it is important to make a good decision quickly. Read the passage below and answer the following questions.

Pete is at a party at his friend Rhonda’s house, in a wooded area. He is having a good time until he looks at his watch and realizes that he should have called his parents 5 minutes ago. They said that he could come to this party if he promised to call them at 10 p.m. Pete goes to use the house phone because there is no cell service, but Rhonda is using it and seems to be ignoring him. His friend Jack offers to give him a ride on his motorcycle to the main road where he can get cell service, which is a few blocks away. Jack appears to be a safe driver, but he does not have a helmet for Pete to wear. Pete gets the feeling that declining Jack’s offer will make him seem silly to his friends. After all, it’s only a couple of blocks.

1. What options does Pete have? List the possible positive and negative consequences of each one.

2. What does Pete decide to do? Finish the story, showing the best possible decision and its consequences. Do you think Pete is happy with his decision? Why or why not?

3. Now finish the story again, showing the worst possible decision and its consequences. Do you think Pete is happy with his decision? Why or why not?

4. Which refusal skills did you include in Pete’s options? Did he use one of them? If so, which one?