

SESSION 4: SUPPLEMENTARY MATERIALS

Family Activity Ideas

Your preteen's mastery of Refusal Skills will take patience and practice. You can provide support with these family activity ideas.

SAY NO TO THIS

Have each family member think of a tough situation for another family member, where they have to get out of trouble using Refusal Skills. For example, "OK, I'm Dad's boss, and we're driving home after a late meeting. I tell him to get me a beer out of the cooler in the back. What can he say?" Or, "Hey, Maya. I'm your best friend Zahara. We're at the bus stop and I want you to skip school with me now. What do you say?"

GENERATING ALTERNATIVES

When traveling by car, bus, or train, have family members point out license plates and come up with alternatives to trouble that start with the letter appearing first on the license plate. For example, someone might say "in-line skating" for IVC 219, or "exercising" for EDL 941. A variation: When spending time with your child, starting with the letter "A," name alternatives for each letter of the alphabet.

MAKE A COMMERCIAL

Write a radio or TV anti-drug or alcohol commercial with your child. Act out the commercial with your child and record it on your phone!

REWRITING HISTORY

Tell your child about a time that you should have said "no" but you didn't. Explain why you didn't. Tell your child what you would do if you had to do it over again, and how exactly you would do it differently next time. Then, ask your child to tell you about a time they did say no and were glad they did!