

Chugiak High School

FCCLA

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Media: Refusal Skills: Not Just A Game of Chance (Card Game)

Main Message: It's your life! Your life is not a game of chance. Decide ahead of time how you will handle a situation that involves alcohol and practice responses ahead of time

ASD SEL goal(s): Students have a sense of personal responsibility and students develop constructive relationships.

Target Audience: 7th and 8th graders

Total number reached: 44 students (25 seventh and 19 eighth)

Data Summary: Based on this presentation, 7th and 8th graders indicated on the post-test that 64% and 74% respectively could identify five or more strategies to use in saying "No" to alcohol. 92% of 7th graders and 68% of the 8th graders reported that they think the presentation will have an impact on their choices about drinking.

Student Comment(s):

- "Students are drinking at a very early age, especially in my community, and I have learned that developing constructive relationships is essential for knowing how to make responsible, ethical decisions."
- "During this whole process I learned a lot about myself and gained confidence in my abilities. I challenged myself."
- "I decided to be part of the project because I want to be a positive role model for other kids."

“It’s Your Life”

Discussion Questions

1. What are your hopes and fears about starting high school?
2. What do you think high school will be like?
3. Respond to this statement, “Everyone in high school drinks”. Do you agree or disagree? Why?
4. What influences teens to drink? What influences them to not drink?
5. If you want to attend a party and you know the teens plan to have alcohol at the party, what can you do?
6. Teens who participate in after school activities such as sports, clubs and service organizations have a stronger chance of not consuming alcohol. True or false and why?
7. How many different ways can you refuse alcohol? Give examples.
8. Why is it important to plan your refusal responses to situations such as drinking alcohol ahead of time?
9. How can you help your friends make better choices when it comes to consuming alcohol?

“Who’s Life Is It Anyway?” Card Game

<p>Change the subject.</p>	<p>“I’m starving, want to get something to eat?”</p> <p>“Oh, there’s Mary, I was hoping she would be here”</p> <p>“Did you hear about the football game last night?”</p>
<p>Suggest an alternative activity.</p>	<p>“No, let’s go play a Wii game”</p> <p>“Hey, I hear there’s a great movie on, want to go watch it?”</p> <p>“I love this music, want to dance?”</p>
<p>Say you’re not allowed.</p>	<p>“It’s illegal and I could get into trouble.”</p> <p>“Alcohol makes me sick, my body doesn’t handle that stuff well.”</p> <p>“I have to drive tonight. Drinking and driving could cause me to lose my driver’s license among other consequences.”</p>

Give a reason why.	<p>“If I try drugs, I could get kicked off the team.”</p> <p>“I can’t, my parents would ground me. They always seem to find out.”</p> <p>“My friends don’t drink and they would really give me a hard time if I chose to drink alcohol.”</p>
Say “no” over and over.	<p>“No, no, no.”</p> <p>“I said no I do not want a drink. I thought you were my friend!”</p> <p>“Not interested.” (Walk away.)</p>
Use humor.	<p>“Man, did you hear that loud burp from Joe?”</p> <p>“Say <u>silk</u> 5 times, spell <u>silk</u> 5 times. What do cows drink? (Milk? No...water!)</p> <p>“What did the bike say to the teen ? I can’t stand on my own, I’m two-tired!”</p>

Who's Life Is It Anyway

Middle School Presentation

Introduction

Hello Mirror Lake. We are students from Chugiak High School. We are members of a student leadership group called Family, Careers and Community Leaders of America. A few years ago we sat in your seat. Some of us attended Mirror Lake Middle School and some of us attended Gruening Middle School.

We are here today to talk to all of you about factors that can influence the choices you can make. As you enter high school many teens feel that everyone is drinking alcohol, but there actually are more teens that choose **Not** to. When teens in the Anchorage School District were asked if they drank alcohol in the past 30 days, 60% said they did not drink alcohol. Our presentation today is called "Who's Life Is It?" and we want you all to know that "It is Your Life" and you can learn skills to help you say **NO** to alcohol.

Refusal Strategies

Now that we have that out of the way let's introduce ourselves and tell you a little about why we are here to talk to you'll about alcohol and teenagers.

Each teen will introduce themselves again and state how they have used refusal skills to keep from drinking alcohol in high school.

Now that you know who we are, let's how quick you all are - everyone stand up and face a partner, now when I say go each of you are to quickly say **silk** 5 times, Now spell **silk** 5 times, Finally (answer the question) "What do cows drink?"

You now know 1 skill you can use to get yourself out of a situation where you are asked to drink alcohol.

1. **Make A Joke:** (Place these word that are mounted on bright paper on the board in front of the class.)

Some additional ways you can resist alcohol include: (place words on the board to form a list of all 7 skills)

2. **Suggest an alternative activity:** play a Wi game, go to a movie or listen to music.
3. **Say your not allowed:** it's illegal, it makes me sick, I have to drive home.

4. **Give a reason why:** I will get kicked off the team, my parents will ground me, my friends don't drink.

5. **Say NO over and over:** no,no,no..., I said No, I thought you were my friend, not interested; **When using this method it is important that you use strong non verbal signals. These include using a firm voice, looking a person in the eye and your body language.**

6. **Change the Subject:** I'm starving, want to get something to eat?; "Did you hear about the football game? "

7. **Leave the situation:** "This is lame, I'm out of here; come on Jack, let's leave."

Card Game

Now that you have learned a few skills to help you learn how to resist making choices that can affect your future , let's see what you know.

How many of you like to play cards? Cards are often based on **chance and luck**. So let's see how you all do. Number kids off into groups of 6 (may need to do a group with 5 or 7 depending on number of students).

Card Game Instructions: (The skills cards will be numbered and one color; the response cards will be a different colored card for ease of sorting.)

Divide the class into groups of 5 students. Place one FCCLA/high school student (facilitator in each group). Each group will have a total number of 6 students. If there are extra students after grouping them in to 5, place one additional student into each group. Groups may have 5 or 6 students if this happens. If there are groups of 6 have the facilitator stand out of the game and direct the game.

Explain the rules for the game "Spoons" (have rice krispie bars in the center of each table). Each student will receive 1 numbered card with one way you can respond to peer pressure when asked to drink alcohol. Do not turn the card over until we instruct you. You will also each get 2 cards (faced down) that you are not to look at and you will set on the table in front of you. The lead person (FCCLA member or high school mentor) will then pick up 1 card from the pile of cards with possible responses that work with each refusal skill. If the response matches their card then they keep the card and pass 1 of the 2 cards in front of them to the person on their left. If the card does not match their refusal skill they pass it on to their left and draw another card. This continues until 1 person has collected all 3 responses that match their skill. That person grabs the treat in the middle of the table and yells: It's My Life! " That person sits out and the game continues until each person has their matching 3 responses.

Answer Sheets: At your table, there are **2 answer sheets** that have 3 ways you could respond to a situation with other teens. You will need to share the sheets and we encourage you to help your teammates. You can also use the skills we placed on the board.

When all teens have their sets of cards quickly go around the circle and have students read off their original card followed by their 3 responses.

Round 2 : Now that you all understand the game , we will play it again. This time you get to grab a Rice Krispie treat !! (**A healthy choice**) When each student has their refusal skill and 3 matching responses, check for learning. Gather all refusal skill cards and shuffle. Set aside the response cards. Each student takes a turn to turn over the top card, read the refusal skill category and give their own example. Reshuffle the cards and go around as many times as time allows

Wrap Up Activity

Great Job with the cards. Let's see what you remember. Who can name all 7 of the refusal skills we have learned? (hand them an extra treat)

As teenagers in high school we want your future to provide opportunity, freedom and self – respect. **Choosing to refuse alcohol will allow you to succeed in high school and life. Make a decision now as to how you will handle a situation that includes alcohol and you will be successful in your commitment.**

Hand each student a bookmark with the 7 skills listed. Thank You Mirror Lake for allowing us to share today. We have about 5 minutes left so do any of you have questions about high school that you would like to ask us? We look forward to meeting all of you in the future.