

Decision Making: Assessing Your Situation

1. A responsible decision maker is one that will answer yes to the following questions:

Is my choice healthy?

Is my choice legal?

Is my choice respectful of self and others?

Is my choice safe?

Is my choice what my parents or guardians would wish?

Choices and Decisions:

Write out your responsible response to the following situations.

1. If a girl and her boyfriend are making out and he says he wants to show her how much he loves her by "making love," what should she say and do?

2. If a girl enjoys arousing her boyfriend and won't stop when asked, what should he say and do?

3. If you are at a house party where there are no chaperones and a lot of drinking is happening, what should you do if you are pressured to drink?

Learn to assess your situation and make responsible decisions for yourself. Sometimes fun times can lead to bad times. Remember, value yourself and choose what's best for you and your future.

How To Be Your Own Person

Standing up to others can be difficult. You may lose friends and you may be lonely while you make new ones. Here are a few suggestions on how to avoid negative peer influence and how to manage it when it happens.

- Select your friends carefully. They have a strong influence on what you think and how you behave.
- Be assertive. Learn to say **“NO”** and mean it. This is a very important skill to learn as soon as possible.
- Tell your friends you are feeling pressured. If they are good friends, they will understand and stop the pressure.
- Congratulate yourself when you have stood up for your beliefs. You deserve a lot of credit for being able to say **“NO”**.

How To Say **“NO”**

If you find yourself in a difficult situation, it might be tough to say **“NO”** if you have not thought about how you could do it. Here are some suggestions:

State your objections: Tell your friends, “I don’t want to.” If they insist, end the conversation by saying, “I don’t want to talk about it anymore.”

Play down the pressure: Change the focus. “Not now, I’m really busy doing this and I don’t want to stop.” You could also delay the decision. “Maybe later.” Try to be humorous.

Outline the consequences: “I’d feel terrible if anything happened.” “We’ll get into trouble.” “It could be hurtful to our physical and emotional health to do that.”

Suggest an alternative and stick to it: “Let’s do this instead. We could have a lot of fun.” Even if your friend doesn’t want to go along with you, insist that this is what you want to do. Invite them to join you later if that could work out.

Leave them: If you are getting nowhere with your friend, it is best to leave him/her for the moment.

Saying “NO” To Sexual Intercourse

Give a reason for your refusal.

“If I get caught, my parents will kill me.”

“ _____.”

Use your behaviour to reinforce what you mean.

a) Be assertive when you talk to the person.

b) _____

c) _____

Show you care about the person.

“I don’t want this to mean we can’t be friends.”

“ _____.”

Don’t just keep doing the same thing!

a) Hang around with a new group of friends.

b) _____

c) _____

Take definite action.

If pressure persists, tell the person you do not want to continue the relationship!