Abstinence & Refusal Skills

Acting Responsibly
- Parents have rules to help keep their children safe
- What types of responsible behaviors can you exhibit to prove that you are more grown up?

Risk Behaviors
- A risk behavior is an action or choice that may cause injury or harm to you or others.
- Name some examples of risk behaviors in which teenagers might become involved.
- What are some ways to avoid those risk behaviors?
Abstinence

The only fool-proof way to be safe from risk behaviors is through abstinence.

Abstinence is refusing to participate in unsafe behaviors or activities.

Abstinence

State what abstinence from tobacco use can do for you.

State what abstinence from the illegal use of drugs/alcohol can do for you.

State what abstinence from sexual activity as a teenager can do for you.

Refusal Skills

Standing up to peer pressure takes confidence in yourself.

If you think about these situations before they occur, you can come up with ways to handle them.

You need to stick to your point of view and not do something just because others are.
Help in dealing with pressure situations...

- Choose who you hang out with carefully.
- Choose the situations you get into carefully.
- Talk to and get advice from adults you trust.
- Keep your future in mind.
- Be prepared to leave if in a bad situation.

- The End