



SUBSTANCE REFUSAL SKILLS WORKSHOP

For 5th to 8th grade students

OBJECTIVES

Students will learn the statistics related to local youth substance misuse, identify motivations for substance use and alternative choices, reflect on reasons to be substance-free, and practice refusal skills for scenarios where they may be offered substances.

OUTLINE

- Protective Factors: positive factors that reduce risk for substance misuse such as engagement in positive meaningful activities and healthy relationships with supportive adults.
- Perception vs. reality of youth substance misuse
- Motivations for adolescent substance use and alternative choices
- Reasons to be substance free
- Refusal skills strategy (STOP: **S**ay no in your own way, **T**ell a reason or excuse, **O**ffer an alternative activity, **P**romptly leave) and practice scenarios
- Discussion and Q & A

ADDITIONAL RESOURCES

- **LiveYourWhy** is a campaign to encourage youth to live their best life by focusing on what brings them joy and wellness while being substance-free - healthylamoillevalley.org/liveyourwhy
- **ParentUp**: Parenting Tools For The Tough Stuff - parentupvt.org
- **Drug Facts**: teens.drugabuse.gov/teens/drug-facts



TALKING TO YOUR CHILD/TEEN ABOUT SUBSTANCE MISUSE

- Talk early and often - short conversations that relate to everyday situations are better than longer lectures
- Ask questions and seek to understand
- Set clear expectations and explain your reasons
- Give them ways out of tricky situations
- Use teachable moments
- Build relationship - have fun together