



CENTERSTONE

Refusal Skills

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What is Peer/Partner Pressure?

- Sometimes, our friends or the person we are dating may pressure us to do things of which we feel unsure.
- What are some examples of things our friends might pressure us about?
- What are some examples of things our dating partner might pressure us about?



Refusal Skills

- If you are in a situation where someone pressures you to do something that you do not want to do, how might you respond?
- It is important that we have a plan for how we want to respond in high-pressure situations.
- Refusal skills take practice!
- The next few slides will help us better understand how we can respond.



Stop and Say “No!”

- **STOP** – It’s a good idea to **STOP** when you start to feel uncomfortable. If you **STOP**, you have time to take a deep breath and think clearly about what is happening.
- **STOPPING** is a good first step towards an effective conversation.
- **SAY NO** – Don’t assume your partner can read your mind. You need to say NO and say it like you *mean* it. Don’t laugh, send mixed signals (by continuing to be sexual while saying NO) or pretend like it’s “no big deal”.
- Your partner should respect you as soon as you **STOP** and **SAY NO**. If they continues to pressure you, you have every right to leave.



Give a Reason Why

- **WHY** – After you say NO you can be prepared to give your partner a reason **WHY**. Some examples might be:
 - I'm just not ready.
 - I'm not ready to be a parent.
 - I don't want to worry about STDs.
 - Our relationship is fine without sex.
 - I want to wait.

REMEMBER – It's always ok to just simply say, "I don't want to!" That is enough of a reason and your partner should respect it!



Give a Reason Why . . . You Want to Wait

- **WAIT** – If you’ve decided it is best for you to **WAIT**, this is a decision you must stick to, and your partner must respect.
- You might discuss how long you plan to stay abstinent and what your boundaries are. (*Ex. “I don’t mind kissing, but I’m waiting to have sex until I’m older, and more ready. I hope you can respect that.”*)



Avoid the Situation

- **AVOID** – If possible, it is best to **AVOID** situations where you might be tempted to have sex (ex: high pressure times like being alone with your partner or drinking/using drugs, which can lower your inhibitions).
- By **AVOIDING** risky situations, you are less likely to end up doing something you'll regret.



Offer Alternatives

- **ALTERNATIVES** – to show your partner you care about them suggest some **ALTERNATIVES** to having sex. Some examples might be:
 - Let's go to the movies.
 - Let's have some friends over.
 - Let's go play video games.
 - Let's go for a walk.



Get Out of an Unsafe Situation

- **GET OUT** – If you find that the situation you are in is becoming unsafe be prepared to leave.
- If your partner is not respecting your feelings, continues to pressure you or is becoming angry or violent, you should **GET OUT** as quickly and safely as possible. Call for help if you need to. Your boundaries should ALWAYS be respected.



Go Do Something Fun

- **GO** do something fun – If your partner is being respectful of your boundaries you could end the conversation by doing something you both enjoy to strengthen your relationship.
- This conversation can be awkward! Doing something fun can lighten the mood! You could go out to eat, see a funny movie or just go on a walk together.



S - Stop and Say No

W - Give a reason Why you want to Wait

A - Avoid the situation and offer Alternatives

G - Get out of an unsafe situation or Go do something fun



If you get into a high pressure situation, just remember

SWAG



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Using SWAG in non-sexual situations

Remember – you can use SWAG to negotiate out of any high pressure/risky scenario, not just sex.

You can use SWAG to say no to drinking, drugs, smoking, skipping school or anything!



SWAG Examples

Stop and Say No

- No, I don't want to have sex!
- No, I want to wait!
- No, I mean it. I do not want to do this!
- Stop pressuring me, I said no!

Why You Want to Wait

- I'm not ready to handle the adult responsibility that comes with sex.
- I don't want to be a parent.
- I just don't want to have sex.

Avoid the Situation

- I don't want to be in the bedroom with the door closed.
- Can we hang out in a group so we aren't tempted?

Offer Alternatives

- Let's go to a movie.
- Let's get something to eat.

Get Out (unsafe/pressure continues)

- I'm leaving because you aren't respecting my decision.
- If you don't stop pressuring me I'm going to break up with you!

Go do something Fun! (safe/respectful)

- Thank you for respecting me. I love you! Do you want to go out?
- I know this conversation was hard. Let's go to the mall and hang out for awhile.

