

# DELAY, REFUSAL AND NEGOTIATION SKILLS SCENARIOS

You and your friends want to lose weight for a school dance. Your friends decide to start smoking and they are really pressuring you to start as well. They have been smoking for two weeks, and have already lost five pounds each. They always say, "Just try it...it's not like a hard drug or anything."

You are at a party where there are students from every grade. Some of your friends are playing a drinking game with older students. One of your friends wants to leave the game because she has been playing for a while and feels ill. Now, everyone is calling on you to take your friend's place in the game.

You go over to a mutual friend's house with your dating partner. You are watching basketball on TV and your dating partner and your friend want to go out back and smoke some pot. They want you to join. You didn't even realize that they used drugs until now.

You are playing on the school volleyball team. You have a game the day of the school formal dance. Your team is getting together to have dinner before the dance. After dinner, some of your teammates say that they picked up some weed and thought it would be fun if your whole team got high.

You and all of your friends are smokers and meet at the smoking area every morning, between classes, and at lunch. After learning about smoking in health class and all of the consequences, you feel like you want to quit.

Your friend watches pornography at home on the Internet. He invited you and some of your other friends to join him and to have some beer.

You are working out in the weight room with your workout partner, like you do every day after school. A senior student, who also works out regularly, tries to talk the two of you into buying steroids.

You are at a party and your friend's older sister and her partner took you there. When it is time to leave, you and your friend are worried because her sister is completely drunk but says that she is going to drive. She says to you, "Get in the car, I've only had a few."

You and some of your friends heard that there is a huge party on Friday night. You decide to go with a friend, and when you get there, you are amazed. Everyone is having such a great time. Some of your friends who have been there for a while tell you they have taken ecstasy, and they are encouraging you to try some.

One of your friends decides to have a party because their parents are out of town. Everyone is supposed to bring some alcohol from home. You know that some of your friends steal their parent's alcohol, but you have never done this, as you know they disapprove of drinking. One of your friends is really pressuring you to bring something from home.

A good friend of yours is supposed to take Ritalin as prescribed by the doctor, but has been selling some of it to others. Now, your friend is trying to get you to buy some to try.

You are at a friend's party. It's a huge party and people from every grade are there. Your older sibling and their friends have never done cocaine but are talking about doing it because some of their friends have done it and have some with them. You are worried about your sibling and decide to talk to him about your concerns.

Your friend told you that he took some of his mom's painkillers (oxy's) and tried them on the weekend. He said it was the best high he's ever had and now he's taking one every morning before school. He brought one for you to try.

Your friend tells you that he heard that you can get high just by drinking cough medicine. He asks you to check out what you have at home and bring it to school tomorrow.

You are on the football team. It's your first year on the team but a lot of the other players chew. One of them offers some to you in the change room after practice.

You're at a party with a friend and she is doing shots every time you look over at her. At first she seemed okay, but now it has hit her really hard. She's stumbling all over the place. She comes over to you and asks you to do a shot with her.

You and your friend smoke weed once in awhile but lately your friend seems to be smoking more. Your friend misses a lot of school and looks high every day. You've decided to cut back and feel like your friend needs to as well, but every day, your friend asks to go out and smoke some.

Your friend is usually pretty shy but has been getting a lot of attention lately for partying. You don't really go to parties but now that your friend is loving all the attention, the pressure is also on you to go.

Your friend has been really low on cash lately. Your friend wants to drink at the party on the weekend and has been selling prescription drugs that were at home in order to have money to party. Your friend tells you about what a great "business" it is becoming and that you should consider doing the same.

Your good friend would like to attend university or college, however, lately she has been posting lots of partying pictures on social media. You're worried that this party reputation will stay online and hurt her future goals.

Your friend always has cash. At a party a few weeks ago, some older students were short when buying their drugs so your friend paid the difference. Since then, these students have been hanging around your friend, who keeps buying them drugs. Your friend really believes the older students are friends but you think they are only interested in getting free drugs.

Your friend drinks high caffeine energy drinks every single day. Even though it seems like your friend is really anxious and jittery all the time, and you don't think it's good, your friend keeps pressuring you to try them.

Your friend asks you for the left over Tylenol 3's your Mom was prescribed for her knee surgery.

Your friend tells you that he borrowed his Dad's credit card and is going play some online poker. He asks you to play also.

Your friend tells you about some nutritional supplements she bought online that are supposed to make you look great. She tells you that you should start trying them too.

Your friend wants you to come over tonight and pull an "all-nighter" to catch up on some seasons of your favourite show on Netflix. The problem is that you have a test tomorrow in first period.

You keep getting texts in the middle of the night from your friend who is struggling with some mental health issues. It is making you feel exhausted and unable to cope with your own daily activities.

You go over to your friend's to spend the weekend. From the second you get there, your friend is gaming, but it's not something you like doing. For awhile you just watch Netflix but you want to do something else and your friend keeps pressuring you to game.

Your friend has created a Fantasy Football pool and is trying to get you to join in. The entry fee is \$100 but that's a lot of money to you.

You have had a lot of stress recently. School work is piling up, you have had some conflicts with friends and life at home isn't amazing. You have never tried drinking but your friend keeps telling you that getting drunk is the best way to forget about all of your problems. There's a party on Friday, and your friend is encouraging you to just let loose and get drunk.