

W3 - Vodcast Notes 1.5 – Refusal Skills

- **WATCH** Vodcast 1.5
- **WRITE** down the notes below
- **WONDER** - Come up with a question related to the video content

S.E.A.L.L. the Deal with *Refusal Skills*

Vodcast 1.5



= strategies that help us say _____ to _____

behaviors

Steps/Skills:

1. Say _____ !

Use phrases like " No _____ " or "I'd rather _____ "

2. Explain _____.

Explain how it goes against your _____ or

3. Suggest an _____.

_____ another suggestion to do

4. Use _____ Body

Make _____ contact and use a firm _____

5. _____ if necessary.

If they won't take _____ no for an answer; _____ away

Vodcast 1.5 Quiz



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I WONDER? (come up with a question):