ROLE PLAYING EXERCISE: Know Your No's



SCENE: 'Two middle schoolers stand outside a school after class lets out for the day.

STUDENT 1 says: "Hey, I'm having a sleepover Friday! My parents won't be home and we're going to drink. You're coming, right?"

STUDENT 2 looks uncomfortable. How can they say "no"?



OPTION A:

STUDENT 2: "Um, no, I don't think I can. I ... um...ah...you know."

STUDENT 1: "I know you can. Come on, it won't be the same if you don't come."



OPTION B:

STUDENT 2: "No Way! What ARE you-stupid?"

STUDENT 1: "No, I'm not-but you are if you don't come."



OPTION C:

STUDENT 2: "No, that stuff can make you sick."

STUDENT 1: "Says who? Don't worry about it! Are you coming?"



OPTION D:

STUDENT 2: "No thanks, I don't want to. But I'll see you at the game Saturday." **STUDENT** 1: "Um, OK, I'll see you later."



OPTION E:

STUDENT 2: "Did you study for the quiz today?"

STUDENT 1: "Huh? Come on! Can you come over or what?"



National Institute on Alcohol Abuse and Alcoholism