

Decoding Decisions

Teacher Overview

Learning Objectives

- Students will be able to identify various refusal skills.

Key Messages

- There are many ways you can refuse alcohol or other drugs, such as saying 'no thanks', giving a reason or changing the subject etc.

Curriculum Expectation

- **D2.3** – Demonstrate the ability to apply decision-making, assertiveness, and refusal skills to deal with pressures pertaining to alcohol use or other behaviours that could later lead to addiction (e.g., smoking, vaping, drug use, gambling, video game use).

Materials

- Word Scramble
- Optional – Situation Cards (Activity #3 – Danger Deck: Substance Awareness)
- IDEAL framework

Activity

- Distribute the word scramble to the students to complete individually.
- Discuss the answers as a class.
- Optional: Once completed use the situation cards and have the students act them out using the refusal techniques of their choice and the IDEAL framework.

Note to teachers

This activity could also be used as a take home assignment by giving the students the word scramble and having them pick a partner to develop a skit. Set aside class time for students to perform their skit with class discussion following.

