



## Discussion Guide

For Adults Working with Teens

Sexetc.org

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### Lesson: Refusal Lines

#### Learning Objectives

By the end of this activity, participants will be able to:

1. Develop possible responses to pressure lines they might encounter in sexual situations
2. Rehearse refusal skills to sexual pressure

#### Materials

- Pens or pencils
- Copies of the Refusal Lines Worksheets one through six prepared.

#### Preparation

Attached you will find a Refusal Lines Worksheet with a quote next to Partner A. In order to make worksheets 2–6, please copy, cut and tape quotes 2–6 at the bottom of the page over the quote at the top of the page. You will need to tape quote 2 and copy it to make worksheet 2, tape quote 3 and copy it to make worksheet 3, etc. In the end, you will have six distinct worksheets, each with a different quote at the top of the page next to Partner A.

#### Procedure

1. Explain to participants that one of the many aspects of teaching about abstinence is effective communication about sexual behavior. While young people may choose to abstain and really feel motivated to abstain, without practice negotiating for abstinence, it is going to be difficult for many of them to follow through with this decision. This activity provides a unique opportunity for people to begin developing a vocabulary for how to talk with a partner about limits and boundaries that will help them abstain from risky sexual behavior.
2. Divide the group into smaller groups of three to four people. Instruct the small groups to assign a recorder for each group and give that person a pencil or pen. Explain to participants that in this activity, each small group will be given a sheet of paper that has a short scenario written on it about two people trying to negotiate a potential sexual situation. After reading the scenario to the small group, they are to work together to create the next line in the dialogue. Then they are to pass their sheet on to the next group. Each group will create the next

line of dialogue for the sheet they receive until the sheets get back to their original groups. Then the original group will read their sheets aloud. In every scenario, Partner A is pressuring and Partner B is refusing that pressure.

3. Hand out the refusal lines worksheets so that each group has a different worksheet and give the groups about three minutes to develop their line. Then have them pass the worksheet one group to the right or left keeping this consistent throughout the activity. You will need to give them more time each time the sheet gets passed, because they will have to read the sheets before they can create a new line of dialogue.

4. When the sheets have been returned to their original group, have two group members read the entire dialogue to the class. After each sheet is read, ask the participants to discuss what they thought was more or less effective about how the “refuser” responded to each pressure line in the dialogue. Ask them how realistic the lines sounded. Go around until each group has had a chance to read their dialogue to the entire group.

*This Discussion Guide was written by Elizabeth Casparian, Ph.D., and Eva Goldfarb, Ph.D. For additional lessons, go to [http://answer.rutgers.edu/page/lesson\\_plans](http://answer.rutgers.edu/page/lesson_plans).*

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## **PRESSURE LINES, REFUSAL SKILLS**

**Instructions:** Partner A wants to have sex, Partner B does not want to risk, pregnancy, or disease in any way and does not want to have sex. Work with your group to come up with an effective next line in this dialogue and then pass the sheet to the next group. **PLEASE WRITE CLEARLY SO OTHERS CAN READ YOUR HANDWRITING!!!**

**Partner A: I know you want me as much as I want you.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **I've done so much for you. It's time you did something for me.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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**Partner A:** Look -- if you can't meet my needs, I'm going to find someone who can.

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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**Partner A: I can't help myself – you're driving me crazy with your sexy clothes and the way you look at me and touch me. You've been asking for it all night!**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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**Partner A: I know you had sex with this other guy. Why don't you want to do it with me?**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **I just want to make you feel good. What's the risk of one time?**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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**Partner A: We've already had oral sex, so what's the big deal?**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **If you really loved me, you'd do this with me.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **I know you've already had sex with other people. Why are you saying, "no" now? It's not like you're a virgin anymore.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **Why don't you want to go down on me? You're supposed to know how to please your man.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **I thought you were grown up – but you don't want to do this? You're just a kid.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B:

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Partner A: **Don't you want to have my baby? Then we'll always be together.**

Partner B:

Partner A:

Partner B:

Partner A:

Partner B: