

# LESSON 7

## How to Say NO!



**OBJECTIVE:** Students understand how alcohol can harm their brain development.

**GRADE LEVEL:** 6-12

**TOPIC:** The Brain

**TIME:** 30-45 minutes

**VOCABULARY:** SADD, Alcohol

**MATERIALS NEEDED:** Sheets of paper

### STARTER:

- Review that SADD is an acronym for Students Against Destructive Decisions.
- Ask the students if they remember how old you are when your brain is fully developed. Answer: 25
- Remind the students that this does not mean they are done learning by 25. It just means their brain is done developing and growing.
- Today, we are talking about how to say NO to alcohol and other drugs.
- This may seem simple right? But in certain situations, it may get really hard.
- Today, we are going to learn ways to make this easier.

### ACTIVITY:

- The students should work in pairs or groups for this activity.
- Each group needs a sheet of paper.
- Each group should come up with two or three ways to say no under each category listed below.
- Allow each group a chance to present some of their answers to the class.
- If needed, give each group a recorder, presenter, etc.
- Go over any other ways you feel would be great ways to say no that the students may not mention.

# LESSON 7

## How to Say NO!



### WRAP UP:

- Remind the students that they have the power to say no.
- Always tell an adult if someone asks you to do something you don't want to do, like alcohol or drugs.
- Remind the students that alcohol and other drugs can be hazardous.
- Remind them that their brain is not fully developed yet. We have to keep it safe.
- Remember, alcohol is a chemical substance that can alter the way your mind and body function.
- You need to be able to make smart and safe decisions. We can do this by not drinking alcohol or using other drugs.

**Category 1:** Write some polite ways to say no. For example, you might use “No, thanks” as part of your answer.

**Category 2:** Write some ways that make an excuse. For example, you might want to say you have something else to do.

**Category 3:** Write down some ways that avoid the situation. For example, you might suggest playing a video game instead.

**Category 4:** Write down some ways that tell the person about your value, explaining why you chose not to use tobacco, alcohol, or drugs.