

**Parent-Student Homework Activity**

**Protecting Your Rules...Using a Clear NO!**

**Directions:** Explain to your parent or another adult that you have been learning how to use a clear NO. Using the situation below, ask your parent or another adult to help you use a clear NO.

1. **Setting the Stage:** You are at a party, and people start smoking marijuana. You have selected a personal rule to not use marijuana. Have your parent or other adult read the "your friend" line while you use a clear "No" to respond.

**Your Friend:** You want some weed?

**You:** \_\_\_\_\_

**Your Friend:** Oh, come on—you'll like it.

**You:** \_\_\_\_\_

**Your Friend:** Loosen up—it will relax you.

**You:** \_\_\_\_\_

2. Ask your parent or other adult how you did using a clear "No" to your friend in the role-play?

- a. Did you say no? \_\_\_\_\_
- b. Did you use a firm tone of voice? \_\_\_\_\_
- c. Did you use strong body language? \_\_\_\_\_
- d. Did you have to say no more than once? \_\_\_\_\_

3. What are some other situations where a teen my age should be using a clear NO? \_\_\_\_\_  
\_\_\_\_\_

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Cut here and return this part to your *It's Your Game...Keep It Real* teacher.  
We have completed the "Using a Clear NO" homework together.

Student's Name (Print): \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_