



Rejection

Activity Sheet

Definition:

Worrying about others not wanting you around or leaving you out if you don't go along with what they are doing.

Example scenario:

Bradley wants to catch public transport home after drinking but is worried that his mate won't join him and will continue to drink and drive.

Bradley

Sample REJECTION negative peer pressure statements:

1. "If you've got a problem with it, you can get home by yourself"
2. "If you want to catch the bus, you're on your own"
3. "If you don't want a lift anymore, just say so"

Your COMEBACK responses:



Bradley's STOP Model

His mate offers lifts but won't stay sober and drives home drunk.

S: "I don't want you to drink and drive"

T: "I'm really worried about someone getting hurt"

O: "I think we should catch the bus or a taxi"

P: "That way we can still have a good time and get home without any dramas" OR "If you get busted you'll end up with all sorts of dramas"

Your STOP Model

S:

T:

O:

P:

