



SAMPLE MATERIAL

## Raising Healthy Children, Guiding Good Choices—Family Meeting Agenda: Teaching Refusal Skills

Everett Area Elementary School, Pennsylvania

**Topic:** Reducing Behavior Problems

**Practice:** Collaborative Relationship

This agenda, taken from the *Guiding Good Choices Parent Guide*, outlines steps that families can take to teach their children refusal skills during family meetings. Refusal skills mean children can identify and have answers ready to refuse to participate in such risky behaviors as smoking and shoplifting. This agenda complements the sample material, Family Workshop: Refusal Skills and provides steps parents can use at home to teach these skills. Parents are encouraged to use family meeting times to model, teach, and reinforce positive behaviors, such as practicing refusal skills. The agenda outlines nine explicit steps for parents to implement to teach this skill.

## Session 3

### *Family Meeting Agenda: Teaching Refusal Skills®*

- 1. Explain the purpose of the meeting, and review the ground rules.*
- 2. Generate a list of troubles.*
- 3. Explain the goals of the skill.*
- 4. Model Refusal Skills®.*
- 5. Model and practice the skill step by step.*
- 6. Discuss group and pressure situations.*
- 7. Discuss potential trouble situations.*
- 8. Display the steps of the skill.*
- 9. Review the meeting.*