

Which Way

(Primary 7)

Worksheets: Lesson Plan

Contents

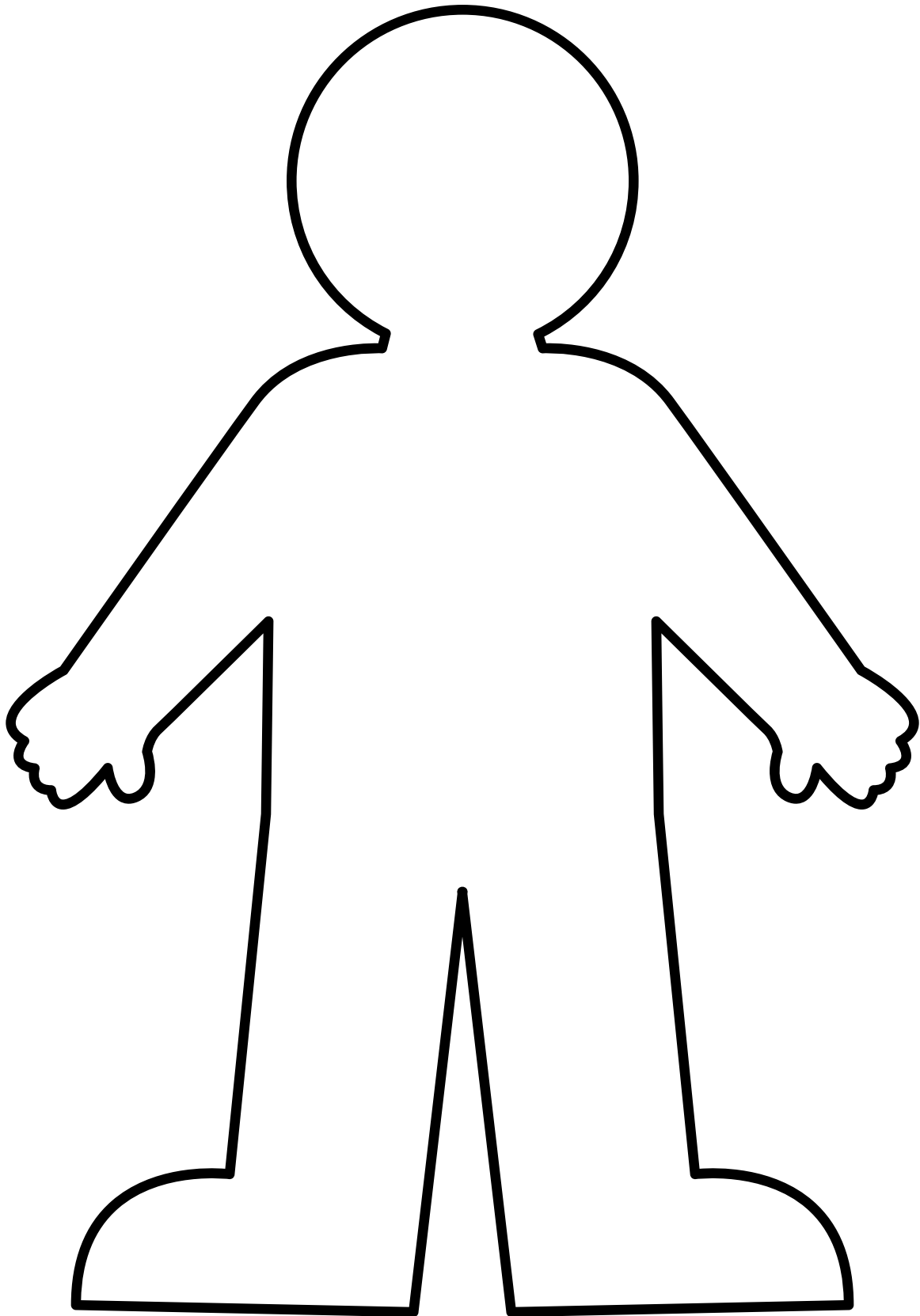
1. **Worksheet 1: Scenario grid**
2. **Worksheet 2: Body outline**
3. **Worksheet 3: Head, Heart, Bin, Bag (evaluation activity)**
4. **Worksheet 4: Star Tips**
5. **Worksheet 5: Role play scenarios**
6. **Worksheet 6: Emotion cards**

Worksheet 1: Scenario grid

The following worksheet can be used with all scenarios.

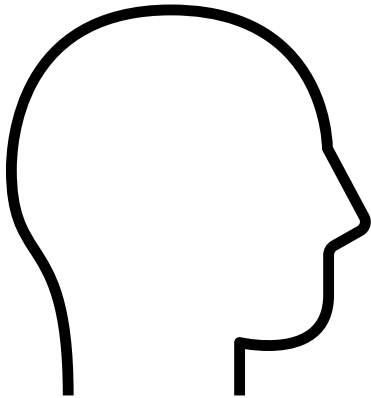
Scenario:	
What if they say yes?	What if they say no?
How might they feel?	What advice would you give them?

Worksheet 2: Body outline

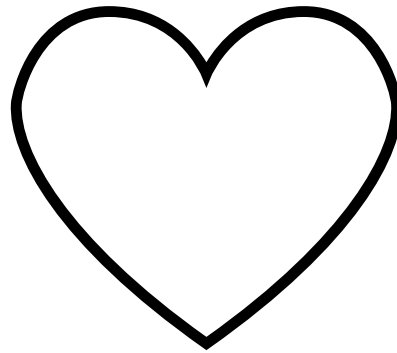


Worksheet 3: Head, Heart, Bin, Bag (evaluation activity)

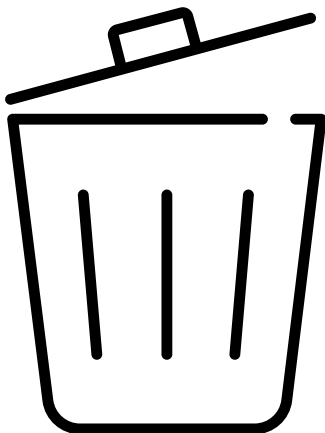
HEAD



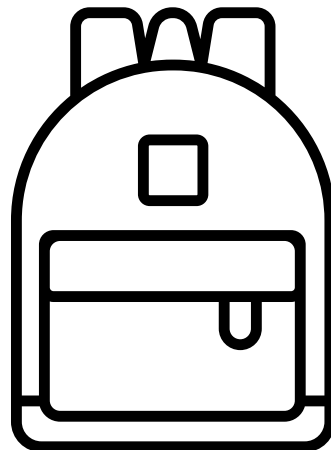
HEART



BIN



BAG



Worksheet 4: Star Tips



**Walk
away**



**Stay
calm**



**Stay
true to
yourself**



**It's OK to
say No**



**Be
clear**



**Be
confident**

Worksheet 5: Role Play Scenarios

Alcohol

Being Persuaded - You are at the park and one of your friends is trying to get you to drink some alcohol. Using your assertive skills, you must make your decision.

Persuader - You really want your friend to try alcohol. It is your goal to try to persuade them it's the right decision.

Bystanders - You are onlookers in the situation, it is your choice who you wish to support.

Smoking:

Being Persuaded - When you are out with your friends, one of them asks you to try smoking a cigarette. Using your assertive skills, you must make your decision.

Persuader - You really want your friend to join in and smoke a cigarette. It is your goal to try to persuade them it's the right decision.

Bystanders - You are onlookers in the situation, it is your choice who you wish to support.

Friendships:

Being Persuaded - One of your friends tells you that you should challenge your other friend who has said you were boring. Using your assertive skills, you must make your decision.

Persuader - You really want your friend to challenge your other friend about calling them boring. It is your goal to try to persuade them it's the right decision.

Bystanders - You are onlookers in this situation, it is your choice who you wish to support.

Drugs:

Being Persuaded - You are at a party with your friend. You meet someone you used to know. They suggest, if you really want to enjoy the party that you should try this pill which looks like a sweetie. Using your assertive skills, you must make your decision.

Persuader - You really want your friend to take the pill. It is your goal to try to persuade them it's the right decision.

Bystanders - You are on lookers in this situation, it is your choice who you wish to support.

Worksheet 5: Role Play Scenarios (continued)

Bullying:

Being Persuaded – When you are out with your friends, one of them asks you to join in laughing and making fun of someone. Using your assertive skills, you must make your decision.

Persuader – You really want your friend to join in making fun of someone. It is your goal to try to persuade them it's the right decision.

Bystanders – You are onlookers in the situation, it is your choice who you wish to support.

Social Media:

Being Persuaded – You are being encouraged by a friend to post a negative comment about Emma on social media. Using your assertive skills, you must make your decision.

Persuader – You really want your friend to post a negative comment online about Emma. It is your goal to try to persuade them it's the right decision.

Bystanders – You are onlookers in the situation, it is your choice who you wish to support

Worksheet 6: Emotion cards

Frustration

Confusion

Sadness

Excitement

Happiness

Fear

Joy

Jealousy

Surprise

Worry

Hurt

Anger