



DISCUSSION QUESTIONS:

PRACTICAL:

- When was a situation where you hesitated or held back out of fear of making a mistake? What did you learn?
- Think of a time when someone else's mistake affected you deeply. How did you respond, and what did that experience teach you?
- Looking back, is there a mistake you're grateful for? How has it helped you become who you are today, and what would you say to your younger self who made that mistake?
- At what age should a person be considered an adult?
- Do you think of yourself as cautious or as a risk-taker?
- If you could make one rule that everyone in the world had to follow, what would it be? Why?

EVENT-SPECIFIC:

- What were your thoughts on traffic safety before today?
- How did you feel about impaired driving before today?
- Did this presentation change any of your views?
- What was your biggest takeaway from the presentation?
- How can you apply the presenter's story to your own life?
- What is a question you wish you could have asked the speaker?
- How did the presentation make you feel?
- What did you learn from participating in the activities?
- Which activity was more impactful? Why?
- Which activity was most surprising? Why?
- Have your safety beliefs changed? How?
- How can you keep yourself safe, even if you are not the driver?



ACTIVITY:

Instructions:

1. Print each situation from the next page on a slip of paper and place them in a hat or box.
2. Students take turns drawing a situation and reading it aloud.
3. They must respond with a way to say "no" that fits the context—either firmly, politely, or with humor.
4. Classmates can offer feedback or alternate ways to say no.
5. At the end, discuss the below debriefing questions.

Debriefing questions:

- Which situations were hardest to say no to? Why?
- What strategies did you use to say no clearly?
- How does practicing saying no in roleplay help with real-life scenarios?
- How can we say no while still maintaining respect and relationships?

CHOICES MATTER™



Someone asks to borrow your assignment so they can copy it.

How do you refuse without making them feel judged?

At a party, someone offers you an alcoholic drink.

How do you say no firmly and protect yourself?

Your best friend keeps asking for your Netflix password, but your parents have said no.

How do you set a boundary while staying kind?

Your sick friend asks for a drink from your water bottle.

What do you say to keep yourself healthy?

Someone challenges you to a hot pepper-eating contest in the cafeteria.

How do you say no while staying cool?

A friend texts you asking to meet in the bathroom for an exchange.

How do you keep yourself out of trouble?

A friend invites you to skip class and grab snacks.

How do you say no while maintaining your friendship?

A teammate pressures you to play even though you're injured.

How do you say no without letting the team down?

Your friend asks for a ride home, but you've only had your license for a month.

How do you decline without upsetting your friend?

A sibling wants to borrow your favorite clothes, but you know they won't take care of them.

How do you refuse without starting an argument?

You get a text asking if you can cover a friend's part in a group project at the last minute.

How do you say no while reminding them to be responsible?

A friend was supposed to drive you home, but they are not sober.

How do you keep yourself, and your friend, safe?