# Skill-Building Challenge Worksheet: Healthy Communication

Name: Blank Class: Blank Date: Blank

Chris and Harper have been dating for quite some time. Harper is ready to be sexually active, but Chris is not. One night Chris is at Harper’s house, and Harper’s guardians decide to go out with friends, leaving Chris and Harper alone. Harper begins pressuring Chris to have sex. Using the following refusal skills, write what you would say to Harper if you were Chris.

**1.** Say no.

**2.** Use an *I* message to state your reason for not wanting to have sex.

**3.** Use an assertive voice and have your nonverbal body language match your verbal language.

**4.** Stick with your position—state your reason in a different way to continue to get your point across.

**5.** If this does not work, remove yourself immediately from the situation.