

**Strand:** Safety

**Sub- Strand:** Personal Safety

**Content Learning Outcome:** Develop refusal strategies when offered harmful substances.

**Activities**

1. List down four harmful substances that can harm your health?
  - ✓ **Drugs- Marijuana, cocaine, etc**
  - ✓ **Glue sniffing**
  - ✓ **Cigarette**
  - ✓ **Tobacco**
  - ✓ **Alcohol**
  
2. If we do not protect ourselves from these harmful substances we can get **sick**, loose our **mental health** or even **die**.
  
3. What should you do if you are offered harmful substances?  
**Say 'No' to it.**
  
4. List down the steps that one must follow to say 'No' to harmful substances without breaking any relationship with the person who is offering it.
  - **Look at the person in the eye.**
  - **In a firm voice, tell the person you don't want to drink or use drugs.**
  - **Give a reason why you don't want to drink or use drugs.**  
**Example: Tell him/ her that it's bad for my health.**
  - **Ask the person not to ask you to drink or use drugs again.**
  - **If you notice that someone has drugs, leave the area.**