

Skills Worksheet

Refusal Skills

Lesson: Eating Disorders

Describe how you would use the following refusal skills to respond to the following scenario. Remember to be clear and choose your words carefully. Describe your body language as well as your words.

You and your friend Erica just ate a huge lunch. You know you should not have eaten so much. Erica asks you to follow her to the restroom. She says she knows a way to get rid of all those extra calories you just ate. Erica goes into a stall and vomits. She encourages you to do the same and tells you it won't hurt you. She does it all the time.

1. **Say no.** How could you say no to Erica?

2. **Offer an alternative.** What could you do instead?

3. **Stand your ground.** What would you do if Erica will not take no for an answer?

4. **Walk away.** Describe how you would get out of the situation.

5. **Plan ahead.** What could you do to avoid this situation?

6. **Have a support system.** Who will stand by you when you are in this situation? How can you use these people as support when dealing with this situation?

7th

Lesson: Eating Disorders

In your own words, define the term *eating disorder*.
Next to your definition, write the names of any eating disorders that you have heard of.

Lesson: A Healthy Body, a Healthy Weight

What factors determine your ideal weight?

7th

