

FAMILY / COMMUNITY CORNER REMINDER CARDS

Activity 6A: That's How I Feel

FAMILY CORNER:

Talk with your family about what they believe is appropriate behavior when celebrating, bored, lonely, attending a party, or going to a school activity.

COMMUNITY CORNER:

Discuss with different individuals in your community what the community does when there is a celebration. What is the expectation? What do community members expect or think should happen? Do youth participate? Is it only the adults? Is it family friendly? Share what you have learned with the entire group.

Activity 6B: Learning To Say "No!"

FAMILY CORNER:

Practice **WAYS TO SAY "NO!"** with your family. Have each family member think of a situation and take turns practicing refusal skills. Brainstorm other ways with your family that you might say "no."

COMMUNITY CORNER:

Get copies of the **WAYS TO SAY "NO!" Handout** and share it with your friends. Set up a time when several of you can practice some of the refusal skills. The group might decide to do a training session with younger youth.

Activity 6C: Let's Do It Again!

FAMILY CORNER:

Explain to your family what nonverbal communication is. Have them share some things they think are nonverbal. Practice some nonverbal **WAYS TO SAY "NO!"** with your family.

COMMUNITY CORNER:

During the next week, observe nonverbal communication at different times. Think about what the nonverbal message was. Did the nonverbal message match the verbal message? Do you think the person giving the nonverbal message was aware of what she or he was communicating? Discuss at your next meeting.