

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Refusing Pressure to Engage in High-Risk Sexual Behavior

The steps are:

1. Tell your partner that you will not engage in the high-risk sexual activity.
 2. Explain your reason for refusing to do so.
 3. If you still want to engage in sex, suggest a different sexual activity that is safer.
 4. If the person continues to pressure you, tell them that you need to leave.
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Name: _____ Date Assigned: _____

Person Assisting with Outside Practice: _____

Skill Being Practiced: _____

My Plan (brief description of assignment):

Practice Date: _____ Location: _____

Briefly describe what took place:

How effective were you at using the skill during the outside practice? Please check one:

- Not at all effective
- A little effective
- Moderately effective
- Very effective
- Highly effective