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.

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