

Social Skills Outside Practice Record

Refusing Pressure to Engage in

High-Risk Sexual Behavior

The steps are:

Step 1. Tell your partner that you will not engage in the high-risk sexual activity.

Step 2. Explain your reason for refusing to do so.

Step 3. If you still want to engage in sex, suggest a different sexual activity that is safer.

Step 4. If the person continues to pressure you, tell him or her that you need to leave.

Name: _____ **Date Assigned:** _____

Person Assisting with Outside Practice:

Skill Being Practiced:

Brief description of assignment (my plan):

Date practiced: _____ **Location:** _____

Briefly describe what took place:

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

- 1. not at all effective
- 2. a little effective
- 3. moderately effective
- 4. very effective
- 5. highly effective