

SWAT Activity

(Said No, Explained Why, Provide an Alternative, Talked it Out)

Targeted Grade Level: 8-12

Objective: Evaluate refusal skills to determine if they are effective.

Preparation:

- Copy *SWAT – How Did They Do?* – one for each student
- Copy Scenario 1 and Scenario 2 – one of each for each class

Directions:

This activity can be used after presenting effective refusal skills as a demonstration.

Ask for four volunteers – two couples – to act out the scenarios. Have each couple read their scenario while giving instructions to the rest of the class.

To the rest of the class: “As you watch each pair act out their scenarios, you will evaluate them to see if SWAT was used to refuse the unwanted behavior.”

After the first pair role-plays their scenario, discuss if SWAT skills were utilized using the “*How Did They Do?*” evaluation as a guide.

Have the second pair role-play Scenario #2 and then discuss.

Standards and Benchmarks:

Health Education Benchmarks		Language Arts Standards
<ul style="list-style-type: none">• HE.8.B.4.1	<ul style="list-style-type: none">• HE.912.B.4.2• HE.912.B.4.3	<ul style="list-style-type: none">• SL.1.1 (a – d)• SL.2.4• SL. 2.6• L.3.6

SWAT – Scenario One – How Did They Do?

SKILLS	Present?
S Said “NO” – Refused to engage in the unsafe behavior	Yes No
Repeated the refusal	Yes No
Body Language said “NO”	Yes No
W Gave a clear reason	Yes No
A Suggested an alternative action	Yes No
T Talked it out – used language that protected the relationship, yet refused the unsafe behavior.	Yes No
Seemed prepared to leave or avoid a potential unsafe situation.	Yes No

SWAT – Scenario Two – How Did They Do?

SKILLS	Present?
S Said “NO” – Refused to engage in the unsafe behavior	Yes No
Repeated the refusal	Yes No
Body Language said “NO”	Yes No
W Gave a clear reason	Yes No
A Suggested an alternative action	Yes No
T Talked it out – used language that protected the relationship, yet refused the unsafe behavior.	Yes No
Seemed prepared to leave or avoid a potential unsafe situation.	Yes No

Scenario One - Two Hours to Kill

Setting the stage:

You are at your boyfriend's (girlfriend's) house. You aren't ready to have sex yet, and you've said no before. You know no one will be home for two hours. You are kissing and touching each other. Your boyfriend (girlfriend) lets you know he (she) wants to have sex. You do not want to.

Person 1: It's OK to have sex when you love each other.

Person 2:

Person 1: We don't get many chances to be alone.

Person 2:

Person 1: You're not worried about getting pregnant or catching anything, are you?

Person 2:

Person 1: OK then, we'll use a condom.

Person 2:

Person 1: I just feel so close to you. That's why I want to have sex with you.

Person 2:

Person 1: If you love me as much as I love you, you'd do it.

Person 2:

Person 1:

Person 2:

Scenario Two – Being Careful on the Couch

Setting the stage:

You have decided that you don't want to have unprotected sex with your boyfriend or girlfriend again.

Tonight, you are watching TV together. You decide to lie down on the couch together. You remember that this is exactly what happened the last two times you had sex without protection.

Person 1: I love you.

Person 2:

Person 1: Don't worry, baby.

Person 2:

Person 1: I'm sure it's safe.

Person 2:

Person 1: Anyhow, nothing bad is going to happen to us. Believe me.

Person 2:

Person 1: I just don't want to give this up. I love you and it's too much fun.

Person 2:

Person 1: I promise we'll get some protection for next time.

Person 2:

Person 1: We've had fun the last few times and nothing bad has happened.

Person 2: