



Assessment Rubric: CUT!

Elements in the Lesson

- Set and communicate personal boundaries
 - Share information
 - ▶ Address the person by name.
 - ▶ State your plan clearly and simply.
 - Say what you will do.
 - Say what you won't do.
 - Use one sentence each.
 - Make sure you are heard
 - ▶ Repeat your message.
 - ▶ Say something that shows you are serious.
 - ▶ If interrupted, continue from where you were interrupted.
- Identify trouble
 - Ask questions: Find out exactly what you are being asked to do or where you are being asked to go.
 - Name the trouble: Say what is wrong with the situation that might cause trouble or become a problem.
 - State the consequences: List the negative outcome that could result if you went along or did what you are being asked to do.
- Effective refusal skills
 - Say a direct “no.”
 - Suggest another activity.
 - Repeat the same phrase over and over again.
 - Give a reason.
 - Walk away.
- How to communicate effectively
 - Verbal Communication
 - ▶ Speak clearly.
 - ▶ Speak slowly.
 - ▶ Use a firm voice without yelling.
 - Nonverbal Communication
 - ▶ Stand or sit straight and tall.
 - ▶ Look the person in the eye.
 - ▶ Face the person.

The students are asked to read the script and complete the following tasks:

- Rewrite the first part of the script to show how to identify trouble, communicate boundaries, and use refusal skills to avoid the situation.
- Rewrite the second part of the script to show how to use skills to escape the situation.
- Use the back of the worksheet to record notes on what makes the refusal effective.



The following **holistic** rubric can be used for assessing student ability to avoid and escape risky situations. The student has demonstrated the elements listed above through a written assignment.

To access an **analytic** rubric for this assignment or a **generic, holistic** rubric that can be used for any assignment, check the resources for Lesson 7 on the flash drive that came with your manual.

Elements	Exceeds Expectations 4	Meets Expectations 3	Progressing Toward Expectations 2	Does Not Meet Expectations 1	Comments
Avoid the Situation	Numerous appropriate strategies and skills are used effectively, showing a depth of understanding: <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills See the elements listed above for specific details of these strategies and skills.	Several appropriate strategies and skills are used effectively: <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills See the elements listed above for specific details of these strategies and skills.	Some strategies and skills are used: <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills A few may be inappropriate or slightly ineffective. See the elements listed above for specific details of these strategies and skills.	Few strategies and skills are used: <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills Most are inappropriate or ineffective. See the elements listed above for specific details of these strategies and skills.	



Elements	Exceeds Expectations 4	Meets Expectations 3	Progressing Toward Expectations 2	Does Not Meet Expectations 1	Comments
Escape the Situation	<p>Numerous appropriate strategies and skills are used effectively, showing a depth of understanding:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>See the elements listed above for these strategies and skills.</p>	<p>Several appropriate strategies and skills are used effectively:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>See the elements listed above for these strategies and skills.</p>	<p>Some strategies and skills are used:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>A few may be inappropriate or slightly ineffective.</p> <p>See the elements listed above for specific details of these strategies and skills.</p>	<p>Few strategies and skills are used:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>Most are inappropriate or ineffective.</p> <p>See the elements listed above for specific details of these strategies and skills.</p>	
Verbal and Non-verbal Communication to Refuse Effectively	<p>Notes are clear, accurate, and show a depth of understanding regarding the characteristics of communication demonstrated.</p>	<p>Notes are clear and accurate regarding the characteristics of communication demonstrated.</p>	<p>Notes show some understanding of the characteristics of effective communication. They may be brief or slightly unclear, and have slight inaccuracies.</p>	<p>Notes are brief, vague, unclear, and have major inaccuracies regarding the characteristics of effective communication.</p>	



CUT!

Strategies and Skills Used to Avoid and Escape Risk Situations

- Set and communicate personal boundaries
 - Share information
 - ▶ Address the person by name.
 - ▶ State your plan clearly and simply.
 - Say what you will do.
 - Say what you won't do.
 - Use one sentence each.
 - Make sure you are heard
 - ▶ Repeat your message.
 - ▶ Say something that shows you are serious.
 - ▶ If interrupted, continue from where you were interrupted.
- Identify trouble
 - Ask questions: Find out exactly what you are being asked to do or where you are being asked to go.
 - Name the trouble: Say what is wrong with the situation that might cause trouble or become a problem.
 - State the consequences: List the negative outcome that could result if you went along or did what you are being asked to do.
- Effective refusal skills
 - Say a direct “no.”
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 - Repeat the same phrase over and over again.
 - Give a reason.
 - Walk away.
- How to communicate effectively
 - Verbal Communication
 - ▶ Speak clearly.
 - ▶ Speak slowly.
 - ▶ Use a firm voice without yelling.
 - Nonverbal Communication
 - ▶ Stand or sit straight and tall.
 - ▶ Look the person in the eye.
 - ▶ Face the person.

Review the rubric and circle the number with the statements that best represents your work for this assignment. Record any comments you have about your assessment in the “Comments” column.



Elements	Exceeds Expectations 4	Meets Expectations 3	Progressing Toward Expectations 2	Does Not Meet Expectations 1	Comments
Avoid the Situation	<p>I effectively used numerous appropriate strategies and skills, showing a depth of understanding:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills 	<p>I effectively used several appropriate strategies and skills:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills 	<p>I used some strategies and skills:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>A few may be inappropriate or slightly ineffective.</p>	<p>I used few strategies and skills:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>Most are inappropriate or ineffective.</p>	
Escape the Situation	<p>I effectively used numerous appropriate strategies and skills, showing a depth of understanding:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills 	<p>I effectively used several appropriate strategies and skills:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills 	<p>I used some strategies and skills:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>A few may be inappropriate or slightly ineffective.</p>	<p>I used few strategies and skills:</p> <ul style="list-style-type: none"> • Set and communicate personal boundaries • Identify trouble • Refusal skills <p>Most are inappropriate or ineffective.</p>	
Verbal and Non-verbal Communication to Refuse Effectively	<p>My notes are clear, accurate, and show a depth of understanding regarding the characteristics of communication demonstrated.</p>	<p>My notes are clear and accurate regarding the characteristics of communication demonstrated.</p>	<p>My notes show some understanding of the characteristics of effective communication. They may be brief or slightly unclear, and have slight inaccuracies.</p>	<p>My notes are brief, vague, unclear, and have major inaccuracies regarding the characteristics of effective communication.</p>	



Practice Scripts—Getting to Know You or See You Tomorrow

Directions:

- Use the following checklist to identify the refusal skills you used. Place an “x” next to each skill used.
- Record in the “Comments” column what you did well or could do differently to effectively use these skills.

Refusal Skill	I did this strategy.	Comments
<u>Effective Refusal Skills</u>		
<i>I said a direct “no.”</i>		
<i>I suggested another activity.</i>		
<i>I repeated the same phrase over and over again.</i>		
<i>I gave a reason.</i>		
<i>I walked away.</i>		
<u>How to Communicate Effectively</u>		
<i>I spoke clearly.</i>		
<i>I spoke slowly.</i>		
<i>I used a firm voice without yelling.</i>		
<i>I stood or sat straight and tall.</i>		
<i>I looked the person in the eye.</i>		
<i>I faced the person.</i>		



Practice Scripts—Getting to Know You or See You Tomorrow

Directions:

- Use the following checklist to identify the refusal skills your partner used. Place an “x” next to each skill used.
- Record in the “Comments” column what your partner did well or could do differently to effectively use these skills.

Refusal Skill	I observed my partner doing this strategy.	Comments
Effective Refusal Skills		
<i>My partner said a direct “no.”</i>		
<i>My partner suggested another activity.</i>		
<i>My partner repeated the same phrase over and over again.</i>		
<i>My partner gave a reason.</i>		
<i>My partner walked away.</i>		
How to Communicate Effectively		
<i>My partner spoke clearly.</i>		
<i>My partner spoke slowly.</i>		
<i>My partner used a firm voice without yelling.</i>		
<i>My partner stood or sat straight and tall.</i>		
<i>My partner looked the person in the eye.</i>		
<i>My partner faced the person.</i>		

