**Refusal Skills- Saying “NO” to drug steps:**

**1. Give a reason for saying no.**

Be honest. Honest answers are more easily accepted by others. Some reasons might be:

*“I want to keep a clear head.”*

*“I could get suspended from the team.”*

*“I don't use alcohol or other drugs.”*

**2. Use the right body language.**

Your body language has to match your words. Make sure there are no mixed messages. Be firm, not wishy-washy. Make eye contact, stand up tall, and use a firm voice. Don't look at the ground, glance away, show you are nervous, or speak softly.

**3. Show your concern for others.**

Express your concern for those trying to persuade you. In the case of friends who have decided to drink, you might say things like:

*“I'd be really sad if anything happened to you.”*

*“What would your parents do if they found out you were drinking?”*

**4. Suggest something else.**

Try to persuade your friends to do something safer or more healthy. Here are some suggestions:

*“Let's go out in back and play volleyball.”* (or some other sport)

*“I'd rather dance and eat something. I'm starved.”*

**5. Take action.**

If your friends still try to talk you into doing something you don't want to, just leave. That way they'll know you're not going to change your mind

**Refusal Skills- Saying “NO” other examples to help handle the situation:**

* Refuse – *“Don’t feel like it.”  “No way.”*
* Make an excuse – *“I’ll barf.” “I have to get up in the morning.”*
* Recruit an ally to help change the dynamics.
* Blame your parents – *“My Mom can smell this stuff a mile away and I’ll get grounded for months.”*
* Come up with a better idea – *“Nah, that doesn’t sound like much fun. Let’s go play video games at my house instead.”*
* Leave – either quietly while no one notices or by making an excuse or joke out of it. *“You guys are too crazy for me ...see you later.”*