

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.”*