

IN THE KNOW: What to Say when you Want to

How do you **SAY NO** to your friends when they offer you drugs or alcohol? It can be a hard thing to do. Learn how to **SAY NO** effectively so that you can avoid dangerous situations, stay drug free, and keep your friends.

**SAY
NO**

USE AN EXCUSE

If someone just won't take no for an answer, there's nothing wrong with creating an excuse that explains your refusal.

Good Examples: "No, thanks. I have asthma so I can't smoke." "I have to study for a big test coming up, so I need to be clear-headed."

And Parents are a Great Excuse! "My parents would kill me if they found out I drank alcohol." "I can't - my parents interrogate me the minute I get home."

USE HUMOR

If you're feeling uneasy about saying no, humor is a great way to defuse tension, decline the invitation, and divert attention.

Good Examples: "No, thanks. I need all the brain cells I can get." "No, I never do drugs/drink on days that end with Y."

BE DIRECT

Sometimes all it takes is a simple, direct, and strong response to fend off questions about drugs or alcohol.

Your direct response can also be low key and laid back. If you don't make a big deal of the offer, you'll seem more sure of yourself and others will be less likely to persist.

Good Examples: "No." "No, thanks." "I don't drink/do drugs." "I don't want to."

DON'T STICK

Walking away is one of the best ways to remove yourself from a dangerous or risky situation. It's not confrontational and if necessary, it can be combined with an excuse to make the refusal easier.

AROUND

Good examples: If someone offers you drugs or alcohol, leave to go get snacks or a soda. Excuse yourself to meet a friend as soon as you're invited to partake.

CHANGE THE

SUBJECT

People can be easily distracted. Sometimes all it takes is a quick mention of something else to switch the focus away from an offer of drugs/alcohol.

Good Examples: "Did you hear that that new band is coming to town?" "What are you doing this weekend?"

BODY LANGUAGE

A simple adjustment in how or where you're standing or sitting can convey that you're not interested in participating.

Good Examples: If drugs are being passed around a circle, move outside of the circle. If you're offered drugs/alcohol, turn away from the person offering and occupy yourself with something else.



Stay Safe – Say No!