Practicing Drug/Alcohol Refusal Skills

*Write down some situations in which you might be offered drugs/alcohol. Then, write down how you would respond to the situations.

-Example:
a. **Situation:** My old drinking buddy, Mike, will likely call me to go to the bar with him when football season starts again
b. **My response:** I don’t drink anymore. I’ll be watching the game at my house— you are welcome to come over, but I won’t be serving any alcohol

1. **Situation:**

**My Response:**

2. **Situation:**

**My Response:**
3. Situation:

My Response:

4. Situation:

My Response:

*It might help to have a “go-to” response prepared ahead of time, especially if you’re not used to saying “no”.

- It can be something short, such as, “No thanks. I don’t want anything” or it can be something a little more detailed, such as, “No thanks. I’ve stopped completely for health reasons”

~My “go-to” response:
Alina V Design and Resources
- Thank you for the border!