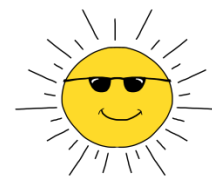


Drug/Alcohol Refusal Skills



-Say "no" immediately!

a. Do not stumble or hesitate. You can make it the very first word that comes out of your mouth!

-Be clear and firm- no means no!

a. Avoid statements such as, "Not today" or "Maybe later"

b. Avoid excuses, such as "My girlfriend will get upset" or "I have to get to work early tomorrow"

c. Be assertive (not aggressive!)

-Suggest an alternative, such as something else to drink

-change the subject if you feel uncomfortable

-If the person persists with their offer, tell them to stop!

a. If you are uncomfortable with this, you can try repeating the same short statement (i.e. "No thanks, I don't want anything") - eventually, they will get the message!

-If you start to question yourself, just remember *why* you are saying no in the first place!

a. Why are you trying to remain sober? Who would you be letting down if you said "yes"? What could happen if you said "yes"?

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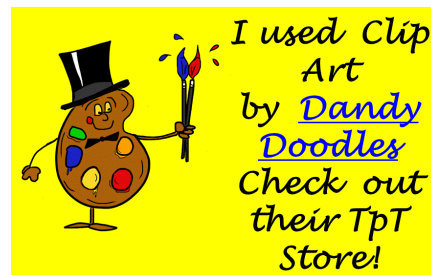
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credits



[Alina v Design and Resources](#)

-Thank you for the borders!



[Dandy Doodles](#)

-Thank you for the sun clipart!



[creating4 the classroom](#)

-Thank you for the arrow!