

# 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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[Alina V Design and Resources](#)

-Thank you for the border!



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