**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 situation.*

- **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:**
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:
Credits

Alina V Design and Resources
-Thank you for the border!