

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:

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:

Credits



Alina V Design and Resources

-Thank you for the border!