

IN THE KNOW: What to Say when you Want to

**SAY
NO**

How do you **SAY NO** to your friends when they offer you drugs or alcohol? It can be a hard thing to do. Learn how to **SAY NO** effectively so that you can avoid dangerous situations, stay drug free, and keep your friends.

BE DIRECT

Sometimes all it takes is a simple, direct, and strong response to fend off questions about drugs or alcohol.

Your direct response can also be low key and laid back. If you don't make a big deal of the offer, you'll seem more sure of yourself and others will be less likely to persist.

Good Examples: "No." "No, thanks." "I don't drink/do drugs." "I don't want to."

USE HUMOR

If you're feeling uneasy about saying no, humor is a great way to defuse tension, decline the invitation, and divert attention.

Good Examples: "No, thanks. I need all the brain cells I can get." "No, I never do drugs/drink on days that end with Y."

USE AN EXCUSE

If someone just won't take no for an answer, there's nothing wrong with creating an excuse that explains your refusal.

Good Examples: "No, thanks. I have asthma so I can't smoke." "I have to study for a big test coming up, so I need to be clear-headed."

And Parents are a Great Excuse! "My parents would kill me if they found out I drank alcohol." "I can't - my parents interrogate me the minute I get home."

CHANGE THE SUBJECT

People can be easily distracted. Sometimes all it takes is a quick mention of something else to switch the focus away from an offer of drugs/alcohol.

Good Examples: "Did you hear that that new band is coming to town?" "What are you doing this weekend?"

DON'T STICK AROUND

Walking away is one of the best ways to remove yourself from a dangerous or risky situation. It's not confrontational and if necessary, it can be combined with an excuse to make the refusal easier.

Good examples: If someone offers you drugs or alcohol, leave to go get snacks or a soda. Excuse yourself to meet a friend as soon as you're invited to partake.

BODY LANGUAGE

A simple adjustment in how or where you're standing or sitting can convey that you're not interested in participating.

Good Examples: If drugs are being passed around a circle, move outside of the circle. If you're offered drugs/alcohol, turn away from the person offering and occupy yourself with something else.

Stay Safe – Say No!