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REFUSAL STRATEGIES

Deliberately teach kids refusal strategies to empower them to make the healthy choices and avoid harm.

1 PREPARE A STORY

It's always helpful to have a pre-planned story to get out of an uncomfortable situation. Whether that means you want to leave or refuse, preparing ahead of time to have a plausible reason will be extra empowering.

2 HIT THE BRICKS

The most effective refusal strategy is to literally turn and walk away. No more problem!

3 LAUGH YOUR WAY THROUGH

Using humor is a wise choice in this situation. Instead of directly refusing, try telling a joke.

4 PLAN B

Similar to having a story prepared, you can plan for bringing up an alternative plan before you get offered something you don't want. In other words, you can change the subject and redirect the discussion.

5 BE A NO SHOW

If you think that by attending an event you will likely be offered drugs or alcohol, then don't go!

6 DECLINE CONFIDENTLY

Clearly and confidently say, "Nope!" Chances are, if you're confident enough, whoever's offering will be deterred.

7 BUDDY PASS

The more people who refuse, the stronger you'll be. Bring a friend who's on the same page as you, and together you can stand stronger.

8 BLAME IT ON THE PARENTS

My parents will be waiting up for me as soon as I get home. They'll definitely know if I've been drinking or doing anything I shouldn't.