

Ways to Say No to Drugs

Young people can stay away from drugs by planning ahead !



The time to think about what you would say if offered alcohol, tobacco or other drugs is not when you are actually being offered that drug. Think about what you would do BEFORE that time. You can say “no” and still keep your friends. Practice what you would say with a parent or friend. Think ahead !

Avoid the chance.

- * Don't enter a situation where you could get pressured - - or put pressure on yourself.
- * Don't go to parties or places where alcohol or other drugs might be present.

Escape the offer.

- * **Walk away.**
 - * Once you discover the presence of drugs, leave before any offer is made.
- * **Give an excuse.**
 - * I'm supposed to meet a friend.
 - * I just got a text message from my mom, and there's a problem at home.
 - * My allergies are bothering me all of a sudden.
 - * Gotta run.
 - * I forgot my books.
- * **Cold shoulder**
 - * Ignore the offer, or change the subject.
 - * Talk to someone else in the group.
 - * Walk away.

Refuse the offer.

- * Simple rejection.
- * “No.”
- * “No, thanks.”

Use Self-Statements.

- * “I don't smoke.”
- * “I have too much going for me to drink.”
- * “I'm not the type of person who smokes marijuana.”
- * “Have to get up early tomorrow - - can't chance it.”

Mention the Consequences

- * “Smoking will give me bad breath.”
- * “Chew will make my teeth yellow.”
- * “I have a stomach condition that gets much worse with alcohol.”

Broken record

- * “No thanks...No, thanks...No, thanks.”
- * “I don’t want any...I don’t want any.”

Strength in numbers

- * Look for other non-users. If confronted with an offer, stick together, and use “we” statements.
- * “We don’t want to drink.”
- * “We don’t smoke.”

Reversing the pressure

- * “No thanks. I thought you were my friend, and my friends wouldn’t want me to get into trouble.”
- * “Why are you picking on me?”

Activism

- * “I don’t smoke, and you shouldn’t either.”
- * “I don’t want to be around you when you’re smoking.”
- * “You really should try to quit using marijuana.”

Another statement

- * “I know you are trying to be my friend, but I don’t use drugs.”

Exchange statement

- * “No thanks, let’s go get a pizza instead.”
- * “I don’t drink, but if you need someone to talk to I’m always here.”

Combination

- * “I know you are trying to be my friend, but I don’t smoke. How about going to get something to eat instead?”

Lose some “friends”

- * Sometimes you just have to stop being around friends who use drugs. This might be hard, but in the end, it’s the best decision you can make.

Always be confident and assertive when saying “NO”!

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