

ALCOHOL/DRUG REFUSAL SKILLS

Nonverbal behaviors:

- ✦ Be firm. Speak in a clear and unhesitating voice. Otherwise, you invite questions about whether you mean what you say.
- ✦ Make direct eye contact with the other person. It increases the effectiveness of your message.
- ✦ Stand up for your rights! Don't feel guilty. You won't hurt anyone by not using Alcohol/Drugs, so don't feel guilty. In many social situations, people will not even know whether you are using or not. You have a right not to use.



Verbal behaviors:

- ✦ “NO” should be the first word out of your mouth. When you hesitate to say “NO” people wonder whether you really mean it.
- ✦ Besides saying “NO” suggest an alternative, something fun to do instead.
- ✦ If a person repeatedly pressures you, ask him or her not to offer you marijuana any more.
- ✦ After saying “NO” change the subject to something else to avoid getting drawn into a long discussion or debate about using.
- ✦ Avoid the use of excuses like “I’m on medication for a cold right now” and avoid vague answers like “Not tonight” These imply that at some later date you will accept an offer of using alcohol or drugs.