

Drug & Alcohol Refusal Skills Reminders

When someone asks you to use drugs or alcohol, keep the following in mind:

- ⇒ Say “No” first.
- ⇒ Make sure your voice is clear, firm, and unhesitating.
- ⇒ Make direct eye contact.
- ⇒ Suggest an alternative:
 - Something else to do.
 - Something to eat or drink.
- ⇒ Change the subject.
- ⇒ Avoid vague answers.
- ⇒ Don’t feel guilty about refusing to use drugs or alcohol.
- ⇒ If necessary, ask the person to stop offering you drugs or alcohol and not to do so again.

Real Life Practice

Listed below are some examples of people who might offer you drugs or alcohol in the future. Give some thought to how you will respond to them, and write your responses below each item.

Someone close to you who knows about your drug or alcohol problem:

A school friend:

A coworker (if you have a job):

A new acquaintance:

A person at a party with others present:

A relative at a family gathering:
