

Refusal Skills

RESISTING PEER PRESSURE

These skills can be helpful in any situation you feel pressured to do something you are uncomfortable with, including using drugs or alcohol, any kind of unwanted physical touch, or other risky behaviors. Take time to practice these skills and plan ahead with a trusted adult who can help you when needed.



01 SAY "NO"

This may sound simple, but many people don't try this because of pressure from others. Just say "no"

02 BROKEN RECORD

Simply refusing over and over may cause someone to stop offering, or at least can give you time to use another refusal skill.



03 WALK AWAY

Refusing an offer will only get more difficult the longer you are in the situation. If you say "no" and pressure continues, you don't have to stay, you can just walk away.



04 GIVE A REASON OR EXCUSE

Giving a reason or excuse to leave the person and situation can take some of the pressure off. How does this look?

- Talk to a parent/guardian to come up with a code word. If you text the code word, your parent/guardian can call you and say you have to come home.
- Practice another excuse, like "I can't, I have a doctor's appointment later" or "if I get caught, I'll be grounded for a long time"

05 SUGGEST AN ALTERNATIVE

If you are with a friend, suggest doing something else instead, like going to get food, doing something outside, or playing a game or video games.



06 AVOID THE SITUATION

If you know that going somewhere may put you under pressure, avoid it altogether. You can always meet up later with friends when there is less risk of pressure.



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