Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Refusal Skills**

Ways you can refuse Peer Pressure:

* Say a direct “no”!
* Suggest another activity.
* Repeat the same “no” message over and over.
* Say why not by stating
a fact or your feelings and opinion.
* Walk away

Directions: Write out what you could say to refuse the pressure in the following situations. You can use as many refusal skills as you feel are necessary.

Situation #1: Your friend asks you to skip school with them to go smoke some cigarettes they stole from their uncle.

Your response:

Situation #2: One of your friends is having the party this Friday and has been bragging all week how his parents won’t be home. You heard someone is planning to bring beer and marijuana to the party. Your best friend is begging you to go with them.

Your response: