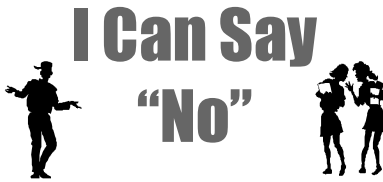
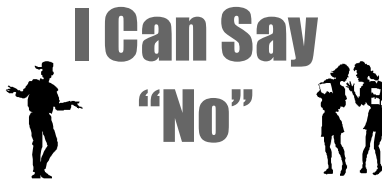


Tobacco Affects the Lives of Kids



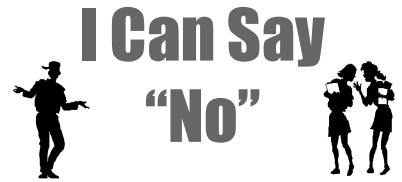
- **Say “No Thanks”**
 “I don’t smoke.”
 “I’ll pass.”
 “Not interested.”
 “No way.”
- **Walk Away**
 Say “no” twice, then leave.
- **Broken Record**
 “I don’t want to ...”
 “I don’t want to ...”
- **Give an Excuse**
 “No way. I play sports.”
 “I’m allergic.”
 “I’ve got homework.”
 “My parents would ground me for life!”
- **Better Idea**
 “Let’s go to my house for a snack.”
 “There’s this great movie I want to see.”
 “I’ve got an idea! Let’s go the mall instead.”
- **Reverse the Pressure**
 “Why are you pressuring me?”
 “Why are you trying to get me to do something I don’t want to do?”

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- make eye contact
- have good posture
- stay calm
- be friendly but firm
- use a strong, clear, confident voice
- keep practicing
- avoid the offer if possible

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Public Health Services

*Adapted from:
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