

Refusal Skills

1. Say “No Thanks”

Ineffective:

Offer: “Hey, you want a smoke?”
Response: “Uh, well ... I don’t think so.”

Effective:

Offer: “Hey, you want a smoke?”
Response: “No thanks.”

2. Walk Away

Offer: “Hey, you want a smoke?”
Response: “No thanks.”
Offer: “Come on. Just take a puff.”
Response: “I don’t want to.”
Offer: “It’s real cool. Just try it!”
Response: “I said No.” (turn and leave with head up and back straight)

3. Broken Record

Offer: “Hey, you want a smoke?”
Response: “I don’t smoke.”
Offer: “Just one puff – it won’t hurt you!”
Response: “I don’t smoke.”
Offer: “Is that all you can say?”
Response: “Yes, because I said I don’t smoke!”
Offer: “Okay, okay. I get the message.”

4. Give an Excuse

Offer: “Hey, you want a smoke?”
Response: “No way! I don’t want to get addicted.”

5. A Better Idea

Offer: “Hey, you want a smoke?”
Response: “I’ve got a better idea. Let’s go _____.”
(Insert a realistic activity appropriate to your students.)

6. Reverse the Pressure

Offer: "Hey, you want a smoke?"
Response: "No thanks."
Offer: "What's wrong? Are you a chicken?"
Response: "Why are you pressuring me?"

Refusal strategies adapted from *Peer Pressure Reversal – An Adult Guide to Developing a Responsible Child* by Sharon Scott and Project TNT.

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