**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.)

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**Tobacco Affects the Lives of Kids**
6. Reverse the Pressure

<table>
<thead>
<tr>
<th>Offer:</th>
<th>“Hey, you want a smoke?”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response:</td>
<td>“No thanks.”</td>
</tr>
<tr>
<td>Offer:</td>
<td>“What’s wrong? Are you a chicken?”</td>
</tr>
<tr>
<td>Response:</td>
<td>“Why are you pressuring me?”</td>
</tr>
</tbody>
</table>

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