



Refusal Skills

How to say NO and Mean It!

Refusal Skills

- Ask Questions . . .
 - Why? . . .
 - Where? . . .
 - Is this a situation that will involve trouble
 - Don't be afraid to ask dumb questions
 - "Do you have any money?"
 - "Will there be drugs there?"
 - "Are we going to be there alone?"

Refusal Skills

- Name the trouble
 - State why it is a problem
 - "That's stealing!"
 - "That's illegal!"
 - "That makes me feel uncomfortable!"

Refusal Skills

- Identify the Consequences
 - Decide what you will be risking and the express your thoughts.
 - "If I do that I could get grounded."
 - "If I do that I could get in an accident."
 - "If I do that I would feel bad."
 - "If I do that my breath would smell."
 - "If I do that I could do something that might embarrass myself."

Refusal Skills

- Suggest an Alternative & then begin to leave. . .
 - "Why don't we . . ." suggest something else that would be fun
 - "If you change your mind, I'll be at my house watching a movie. You can come if you want."
 - "If you change your mind, I'm going to get some friends to play a B-ball at the park. come over if you want"

Refusal Skills

- Suggest an Alternative & then begin to leave. . .
 - "Why don't we . . ." suggest something else that would be fun
 - "Instead, why don't we go watch a movie.."
 - "Instead, why don't we call some friends."
 - "Instead, why don't we play some basketball"
 - "Instead, why don't we play video games."

Refusal Skills

- Move it, sell it, and leave the door open.
 - "If you change your mind . . . ,"
 - Give them the opportunity to join you later and then leave!
 - "If you change your mind, I'll be at my house watching a movie. You can come if you want."
 - "If you change your mind, I'm going to get some friends to play a B-ball at the park. come over if you want"

Refusal Skills

- How you say no is as important as what you say!
 - Use “I” statements.
 - Use body language.
 - Be firm.
 - ***End the debate!***

10 Ways to Say NO!

1. *Just say no*
2. *Ignore the comment*
3. *Make an excuse*
4. *Change the subject*
5. *Turn the idea into a joke*
6. *Act surprised*
7. *Express your feelings for them*
8. *Suggest a different plan*
9. *Return the challenge*
10. *Leave*