

Refusal Skill:

Something that can help you say “No” in a creative way



Simply say ‘no’ in your own way.

Give a reason why you don’t want to use.

Add some humor.

Exit Strategy:

A thoughtful way to get out of an uncomfortable situation



Suggest something else to do.

Make an excuse to leave.

Avoid hanging out with smokers and vapers in the first place.

Refusal Skills

Say 'no' in your own way.	No, thanks. I'm good. That's not really my thing.
Give a reason for not using.	My parents would kill me. I'm trying to stay in shape for soccer.
Add some humor.	Ugh, I can't stand the smell of those things. Knowing my luck, that thing would explode in my face.

Exit Strategies

Suggest something else to do.	Let's get in the lunch line before it gets too long. I told Lexi I'd find her after English. Wanna come?
Make up an excuse to leave.	Oh shoot! I forgot that my mom is picking me up at 4. I got stuck with lunch tutorials for math. See ya' later.
Avoid hanging out with smokers/vapers in the first place.	I can't tonight. Maybe some other time. Honestly, I think vaping is gross and don't want to hang out if that's what you wanna do.