

REFUSAL SKILLS

Resisting negative peer pressure can be difficult. Having a plan to handle this is helpful to avoid getting involved with something you don't want to do and end up regretting your decision. As we know, the results of drug use tobacco, alcohol, marijuana and other drugs can be very serious and tragic. Below are 4 tips to handle negative peer pressure and the STOP method of refusal skills.

HANDLING NEGATIVE PEER PRESSURE

1. Avoid the situation – many times you can predict in advance the risk.
2. Rely on values = HELP (Healthful, ethical, Legal, Parent approval)
3. Focus on the issue – don't exchange insults, focus on and state why you are saying no.

Example – pressure “why not, are you a baby?”

Response “No, I just don't think it is safe”

4. Walk away and avoid future contact with the person.

The STOP method of refusal

S – Say “no” in a firm voice

T – tell why

O – offer another idea

P – promptly leave

Things to think about

Choose friends with similar values-they will not pressure you into unhealthy choices

Changing the subject can sometimes help

Suggest an alternate activity