OPIOID PREVENTION CAMPAIGN
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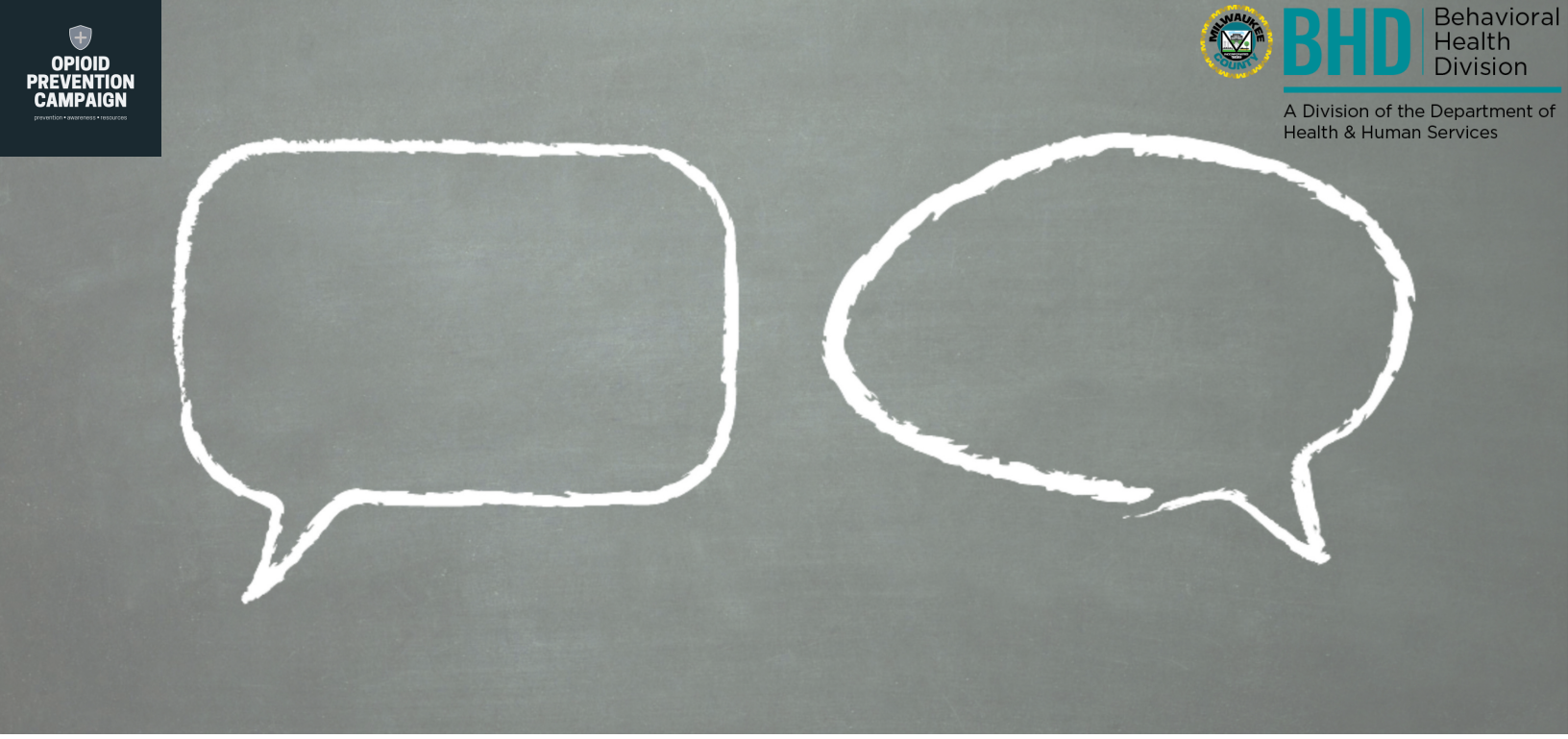
BHD Behavioral Health Division
A Division of the Department of Health & Human Services



How to Practice Refusal Skills

Practice key messaging that teens can use in risky situations. For example, a conversation about how to respond to offers from peers or others to drink or use drugs with specific responses can help prepare adolescents for those situations. There are five different categories of refusal skills. Practice the options that works best. Your teen can role play or write down the responses that works best.

Category	Example
Simple	No, thanks.
Declarative	No, I don't drink. No, I don't do drugs.
Excuses	No, I'm the designated driver. No, I could get suspended from the team. Not tonight, I have a big game. No, my parents are strict. No, my parents drug test me. No, my coach is strict about that stuff.
Alternatives	No, but can I grab a water? No, but let's [insert alternative activity].
Reversal	No, why are you messing with that crap? No, I thought we were friends?