

Ways to say "NO"

- 1. Change the Subject:** Change the subject to something else.
 - I can't wait to get some food, I am starving.
 - Let's go to a movie, something good has got to be showing.
- 2. Simple, Clear Refusal:** Just say "NO" and walk away.
- 3. Tell a "White Lie":** Make an excuse, even if you have to exaggerate.
 - No, I can't stay; I have to meet my Mom and Dad at home.
 - No, I am late for an appointment, I got to go.
- 4. Suggest a New Idea:** Come up with an alternative plan of something to do.
 - No thanks, I would rather go to Starbucks and get some coffee.
 - No, let's go over to the mall and hang out instead.
- 5. List a Consequence:** Say "NO" and then point out a possible consequence.
 - No way, if we get caught we could get arrested.
 - No, tobacco smoke kills your cells and your lungs.
- 6. Broken Record:** Just keep repeating NO, NO, NO, NO!
- 7. Avoid the Situation:** Avoid putting yourself in situations in which peer pressure is likely to occur.
 - People will probably be partying at Steve's place, lets go somewhere else.
 - I am not going to be able to meet you at the club, I can't stand the smoke.
- 8. Crack a Joke:** Make some kind of joke to change the subject.
 - What color is a smoking lung? To – black – o.
 - What do you get when you cross a centipede with a parrot? A walkee talkee.
- 9. Reverse Pressure:** Put the pressure back on the other person.
 - You say I am your friend, but then you offer me a deadly smoke.. I don't get it!!
 - Friends don't offer underage kids alcohol.
- 10. Ask a Question:** Change the subject by asking the person a question.
 - Hey, did you go anywhere over summer break?
 - Did you hear that new song from Lady Gaga?