



# Stand Up for Yourself: Say "NO" to Tobacco and Other Drugs!

There are different ways to say "no" to tobacco, inhalants, and other drugs. How you choose to say "no" usually depends on the situation and what you are most comfortable saying. Here are five ways to say "no." You can choose the best one for you!

**SITUATION:** *You are walking across the playground during recess looking for something to do. Two students approach you: Taylor and Maria. They are people you really like. Taylor says, "We have some cigarettes. Do you want to go smoke with us behind the school?"*

1. **Say a direct "No."**

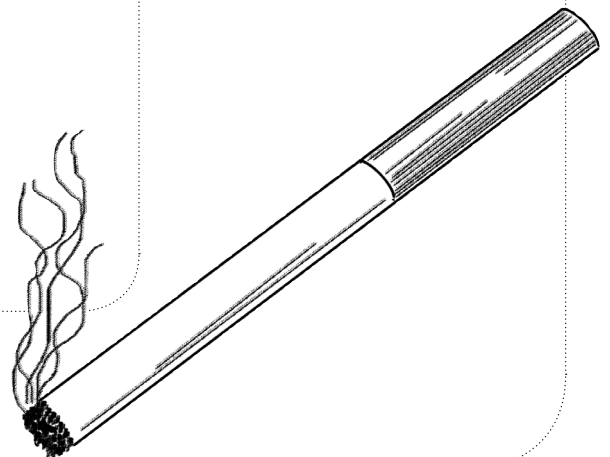
**Examples:** No.

**Your way:**

2. **Repeat the same phrase over and over.**

**Example:** No, I don't want a cigarette. No, I don't want a cigarette. No, I don't want one.

**Your way:**





3. **Suggest another activity.**

**Example:** No, thanks, I'm on my way to shoot baskets. Want to come along?

**Your way:**

4. **Give a reason.**

a. **Give a fact.**

**Example:** No, thanks. Smoking causes cancer. I don't want to take that risk.

**Your way:**

b. **State your feelings or opinion.**

**Example:** No, I don't like the way cigarettes taste.

**Your way:**

5. **Walk away.**

**Example:** Leave and find other kids to hang out with.

**Your way:**

