

REFUSING DRUGS AND ALCOHOL II: REFUSING WHEN SOMEONE KEEPS UP THE PRESSURE

**(USE WITH Refusing Drugs and Alcohol II:
Request that the Person Stop Asking)**

STEP 1

Make eye contact.

STEP 2

In a firm voice, tell the person you don't want to drink or use drugs.

STEP 3

Give a reason why you don't want to drink or use drugs.

STEP 4

Request that the person not ask you to drink or use drugs again.
