

REFUSING DRUGS AND ALCOHOL I: OFFERING AN ALTERNATIVE

**(USE WITH Refusing Drugs and Alcohol I:
Offering an Alternative)**

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

Suggest something else to do OR leave the situation.
