

# Speaking Up for Yourself

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## If You're Feeling Pressured to Use Drugs...

### Step 1: Handle the Inside Pressure

Encourage yourself with a personal "build-up":

- "I can do the right thing."
- "I don't have to go along with what someone else is doing."
- "I've got better things to do than mess up my life with drugs."
- "I want to keep my family's trust."
- "I can keep from getting pushed into something I know is wrong."
- "I can handle this situation—and I'll be glad I did!"

Other Ideas?

•

### Step 2: Handle the Outside Pressure

Tell the person:

A simple refusal:

- "No, thanks."

A reason:

- "No, thanks. I don't (smoke, drink, use drugs)."
- "No, I promised my mom I wouldn't drink."

A put off:

- "Not now, thanks."

A better suggestion:

- "No, thanks. That's not for me. But how about shooting some baskets?"

A second refusal:

- "I said I didn't want to. Please stop pressuring me."

Other Ideas?

•

### To Refuse Someone Pressuring You

- Firmly state your decision.
- Keep it short, without apologies.
- Repeat your refusal, if necessary.

*If you feel uncomfortable, leave the situation. Real friends care about you and want you to stay healthy and happy.*