

Situation 1

You are new in your neighborhood. A teenage neighbor you meet starts talking about using drugs. Then he asks if you want to go over to his house and smoke some pot.

- Describe the negative inside pressure you might feel.
- What's a "build-up" you could say to yourself?
- What's an effective way to refuse?

Situation 2

A friend's older sister offers to drive you home after a school football game. You can tell she has been drinking.

- Describe the negative inside pressure you might feel.
- What's a "build-up" you could say to yourself?
- What's an effective way to refuse?

Situation 3

You are spending the night with a friend. After the parents go to bed, your friend suggests getting some beer from the refrigerator and seeing what it is like to get drunk.

- Describe the negative inside pressure you might feel.
- What's a "build-up" you could say to yourself?
- What's an effective way to refuse?

Situation 4

You are with friends at the park. Someone hands you some money and asks if you would go get some cigarettes.

- Describe the negative inside pressure you might feel.
- What's a "build-up" you could say to yourself?
- What's an effective way to refuse?

Situation 5

Someone you really like invites you to a party where people will be smoking pot.

- Describe the negative inside pressure you might feel.
- What's a "build-up" you could say to yourself?
- What's an effective way to refuse?

Situation 6

You are at the mall, and most of your friends are smoking. Someone says to you, "Come on, try one. It is no big deal."

- Describe the negative inside pressure you might feel.
- What's a "build-up" you could say to yourself?
- What's an effective way to refuse?