

# Peer

# Pressure

WHEN YOU FEEL LIKE YOU HAVE TO DO SOMETHING, EVEN IF YOU DON'T WANT TO, BECAUSE YOUR FRIENDS ARE DOING IT.



**DFY** **IN** **SCV**  
DRUG FREE YOUTH IN SANTA CLARITA VALLEY

# REFUSAL SKILLS

## GIVE A REASON

**YOUR REASON DOESN'T ALWAYS HAVE TO BE THE TRUTH.**

**"I CAN'T, I HAVE PRACTICE AFTER SCHOOL TODAY"**

**"I CAN'T, I HAVE TO DRIVE HOME TONIGHT"**

## STATE THE FACTS

**IT'S OKAY TO KINDLY STATE WHY YOU DON'T WANT TO PARTICIPATE.**

**"I'VE SEEN WHAT IT'S DONE TO MY FAMILY AND I DON'T WANT TO EXPERIMENT."**

**"NO, IT' BAD FOR MY LUNGS AND I LIKE TO RUN."**

## USE HUMOR

**LIGHTEN UP THE MOOD WITH A JOKE TO SHIFT FOCUS OR MAKE IT EASIER TO LEAVE.**

**"YOU WANNA HIT OF THE ZA?"  
"WHAT RAP SONG IS THAT?"**

**"WANT SOME POT?"  
"I DON'T SEE NO COOKING PAN."**

## SUGGEST AN ALTERNATIVE ACTIVITY

**PEOPLE EXPERIMENT WITH THINGS THEY SHOULDN'T BECAUSE THERE IS A LACK OF THINGS TO DO.**

**"I'M GOING TO HIT THE GYM; DO YOU WANT TO JOIN ME?"**

**"I CAN'T RIGHT NOW, BUT A GROUP OF US ARE GOING HIKING IF YOU WANT TO COME?"**

SOURCE: UPPER MORELAND SCHOOL DISTRICT UMTSD.ORG

**DRUG FREE**  
*IS THE WAY TO BE*



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