

A Few Refusal Skills

A Practical Guide: How to Say "No" to Stoned Driving

Why is it so hard to say “no”?

- ✘ You want to fit in so you think you have to say yes (*have confidence, many people want to say “no”*).
- ✘ It might seem to you that everyone else is drinking or using pot (*but that’s not true*).
- ✘ Some people (*usually because they are insecure*) just don’t know how to back off
- ✘ If you smoke too much or drink too much, your judgment is already impaired (*before you even get in the car*).

What can you do to make it easier? PRACTICE.

- ❑ Over the years, research has proven that refusal skills work, but you have to practice and make a plan in advance.
- ❑ Role play with friends or write out exactly what you want to say.
- ❑ There are many examples online. Look up a few if you need inspiration.
- ❑ When you practice:
 - Look your friend or family member in the eye.
 - Be confident.
 - Respond quickly and keep it short. When doubt just say “NO” and then repeat if necessary.

More practice tips...

- ❑ Practice what is comfortable for you:
 - Some people are direct and just say, “No.” “No Thanks.” “No way!”
 - Others are pretty funny and they are able to hold their ground with humor.
 - If you don’t think you can be funny in that situation, then share a fact.
 - Many people just blame someone or something.
- ❑ What if you freeze and can’t think of what to say?
 - Ignore the request.
 - Change the subject.
 - Take out your phone and show them your latest Instagram® post or suggest something else to do.

What else can you do to make it easier to drive sober?

- ❑ Designate 2 drivers
 - It's much easier when you have a sober friend.
- ❑ Fake a phone call or text
 - The perfect excuse. Move somewhere private to answer or respond and call for a ride.
- ❑ Ditch into to the bathroom
 - Not only does this help avoid the situation but you can call an Uber® or Lyft® while you're in there.
- ❑ Just skip the party
 - Probably the hardest option, but sometimes the only.

A few more tips

- ✓ Make a plan before every party:
 - What will you say?
 - Who is the designated driver? (ideally drivers)
 - What if your driver isn't sober at the end of the night?
 - Can you call Uber® or Lyft®?
 - Who can you call in an emergency?
- ✓ Wear something to remind you of the plan you created
- ✓ Stay calm