

Refusal Skills

Keep your
friends

Have
fun

Stay out
of trouble

Stay in
control

Fill in the blanks

1. **ASK QUESTIONS** - Ask questions to see if there is trouble.
Some key phrases are: “_____?”
“_____?”

2. **NAME THE TROUBLE** - Name the trouble to help the person think about what he or she is really asking you to do.
Some key phrases are: “_____?”
“_____?”

3. **STATE THE CONSEQUENCES** - State the consequences to help the person think about what could happen.
Some key phrases are: “_____.”
“_____.”

4. **SUGGEST AN ALTERNATIVE** - You are not rejecting the friend, just the trouble.
Some key phrases are: “_____?”
“_____?”

5. **MOVE IT, SELL IT, AND LEAVE THE DOOR OPEN** - Get away from pressure.

Move it means you start _____ away.

Sell it means you make alternative suggestions.

Some key phrases are: “_____.”
“_____.”

Leave the door open by _____ the person to come with you.

