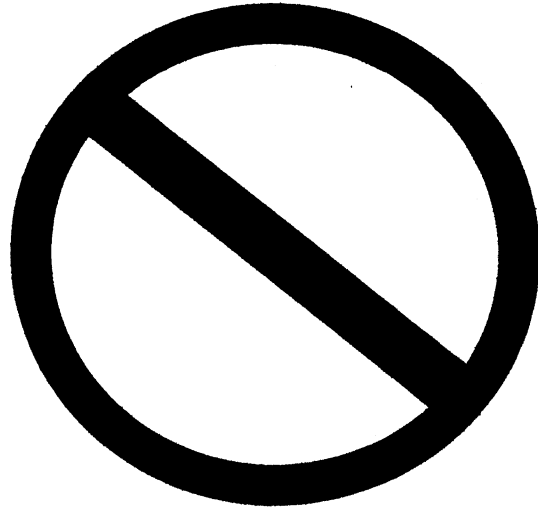


REFUSAL SKILLS

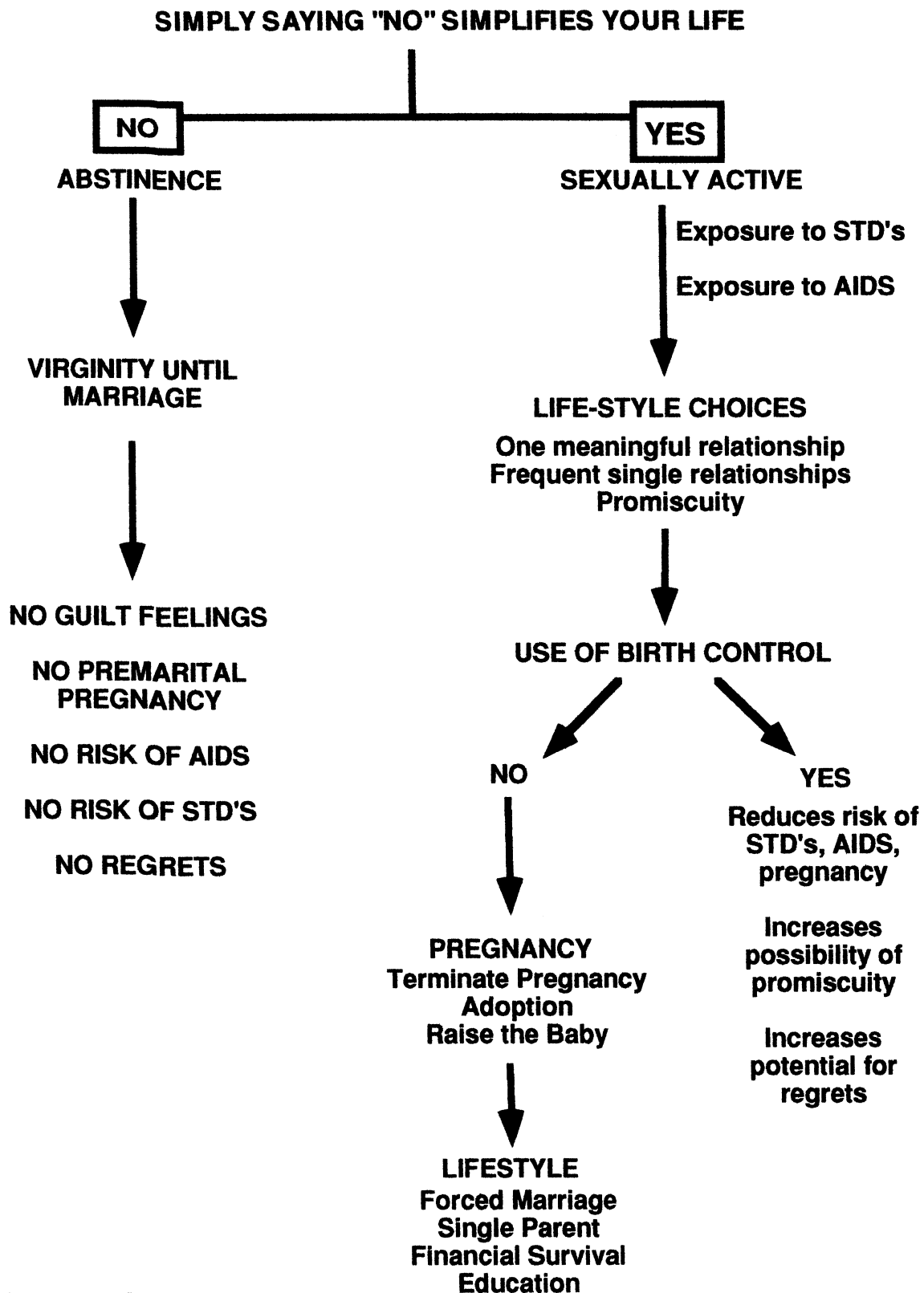


**A variety of ways
to say
"NO"**

**to something
you feel is wrong
for you to do**

REFUSAL SKILLS

SKILL:**EXAMPLE:****Say "NO".****(No, I don't want to.)****Change the subject****(Let's go to a movie)****Reverse the pressure****(If you loved me, you
wouldn't ask)****Use broken record technique****(Repeat the same answer
over and over)****Avoid the situation****(Make a suggestion first)****Walk away****(Just walk away)****Delay****(Let's wait; maybe later)****Give reasons why you're
saying "NO"****(I'm not ready; I want to wait)**



Adapted from Contemporary Living,
Glencoe/McGraw-Hill