Everyone has the power to resist, but everyone does not sincerely want to.
REFUSAL TECHNIQUES

THE GOALS OF REFUSAL:

KEEP YOUR FRIENDS

HAVE FUN

STAY OUT OF TROUBLE

THE STEPS FOR REFUSAL:

1. ASK QUESTIONS
2. NAME THE TROUBLE
3. IDENTIFY THE CONSEQUENCES
4. SUGGEST AN ALTERNATIVE
5. MOVE IT, SELL IT, AND LEAVE THE DOOR OPEN

WHAT TO DO UNDER PRESSURE:

STAY CALM

CALL THE PERSON BY NAME; MAKE EYE CONTACT

PAUSE AND THINK

REPEAT AS NECESSARY

SAY, "LISTEN TO ME..."