

D-FAC YOUTH SUMMIT 2026

Strong Refusal Skills Empower You to Resist Peer Pressure
Around Drugs & Alcohol - Find Your No!

Youth Experiencing Success YES

Make your position clear.

- A simple “No. Thanks.”
- “I appreciate the offer, but I’m not interested.”
- “No, I’m good.”

State your reason.

- “I’m not interested in drugs or alcohol.”
- “I’ve got to drive home.”
- “I don’t feel comfortable using.”

Offer an alternative.

- “Thanks, but I’d rather grab some pizza instead.”
- “How about we play a game?”
- “I’m down to watch a movie, but I’ll pass on the drugs/alcohol.”

Be strong and assertive.

- “I’m not drinking, and I’m not interested in drugs. Period.”
- “My answer is no. Let’s talk about something else.”
- “I wouldn’t ask you to do something you’re uncomfortable with, so please don’t pressure me.”

Use humor.

- “I’m a one-person dance party tonight, and it requires full focus!” (lighthearted but firm refusal)
- “I believe I saw a (funny/interesting thing) over there, gotta check it out!” (exits the situation with humor)
- “Wait, did I promise to meet up with family - Gotta go!”

Excuse yourself.

- “I actually need to head over to my friend’s house. See you later.”
- “I think I forgot something in my car, gotta go.”
- “I see someone I know over there. Catch you later.”

Shift the focus.

- “I can’t I have practice tomorrow.”
- “I promised my mom I’d be home early.”
- “Actually, I have an early morning tomorrow, gotta catch some sleep.”

Redirect the conversation.

- “Anyone up for playing some music?”
- “So, did you see that new movie trailer?”
- “Have you heard about the upcoming event at school?”



DRUG-FREE ASHLEY COUNTY
COALITION