








## Handout – Refusal skills

Remember that we are all different and that what works for one person may not work for others. Review this list and choose a few options that you would feel comfortable using. Practise with your family in order to gain more confidence!

	What to do	How to do it	Examples
	<b>Say “No thanks!”</b>	Speak calmly and with confidence. Do not hesitate but speak clearly and firmly.	“No thanks, that’s not for me.” “I’m not into it.”
	<b>Invent a reason or excuse</b>	Invent a short reason; do not overly explain or apologise. Agree on a safe word with a parent/older sibling that you can text them so that they phone or text to ‘tell you’ to go home.	“My parents would kill me!” “Mam just texted me: sorry, I have to go, she needs me at home.”
	<b>Body language</b>	Be mindful of your posture and position. Stand tall and confident. Make eye contact.	Stand up straight and try to look relaxed and friendly. Make eye contact. Keep your arms relaxed by your sides.
	<b>Change the subject</b>	Suggest doing something else or try to distract those involved.	“No, but I’d love something to eat!” “Let’s see if the others are here yet.” “Will we go in and see if the music has started?”
	<b>Use humour</b>	Make light of the situation. Humour can help.	“No thanks, that stuff stunts your growth!”
	<b>Broken record</b>	Repeat yourself, remembering to speak calmly and with confidence.	“No thanks, I really don’t want it, no.” “Maybe you didn’t hear me: I said no thanks!”
	<b>Walk away</b>	If you have tried everything, sometimes the best option is just to walk away.	Move towards people you are more comfortable with.
<b>Add your own!</b>			