



Say No To Smoking Ammunition & Tips



When faced with peer pressure to smoke or try tobacco products:

- ⊗ Act confident even if you don't feel confident, you can still act and look confident
 - Stand up straight
 - Look the "friend" who is offering you the cigarette or asking you to smoke in the eye
 - Don't back down

Say No To Smoking Strategies

Practice these strategies and you will feel confident and strong when faced with this situation.

1. **Just say no.** Be firm, strong and clear but polite
 - ⊗ "No thanks, I don't smoke."
2. **Use joking sarcasm**
 - ⊗ "Yeah, right and if my parents find out you'll never see me again."
 - ⊗ "No thanks. I only smoke cigars."
 - ⊗ "I'm doing the triathlon tomorrow and smoking will really hurt my time."
3. **Give a reason or an excuse why you can't**
 - ⊗ "If my mom finds out I'm grounded for a month."
 - ⊗ "I'm on the basketball team and coach says, 'absolutely no smoking.'"
 - ⊗ "I watched my Dad struggle with quitting cigarettes and I saw how hard it was. So I'm not ever going to start smoking."
4. **Ask them why they're smoking, while still saying polite and friendly**
 - ⊗ "Why do you want to smoke?"
 - ⊗ "We know smoking's bad for us, so what's good about it?"
5. **Repeat yourself**
 - ⊗ They might keep offering it to you or try to persuade you to smoke.
 - ⊗ Keep saying no.
6. **Leave**
 - ⊗ If you're bullied or feel uncomfortable walk away. If other friends are around they're likely to leave with you.
 - ⊗ Remember, you *always* have the power to stand up for yourself and walk away.