

TIPS FOR SAYING NO TO UNDERAGE
DRINKING & CANNABIS USE

1 Tell a friend your plan. Sometimes it's easier to stick to your plan if you have the support of a friend you trust. Someone who can pull you aside if you're being offered alcohol or cannabis.



2 Sometimes you can change the subject. If someone offers alcohol or cannabis, you can say, "No thanks. Do you want to go check out the new park?" or "Not right now. Let's go see a movie instead."



3 If someone hands you a drink or marijuana, just say "No thanks, I have to be somewhere later." This gives off the impression that maybe you've got bigger and better things happening elsewhere.



4 Try saying, "No thanks, if I drink or smoke, my parents will know. I don't want to get grounded right now." This works great if there are bigger things on the horizon like prom or a big concert.



5 Or simply try, "I can't, I'm driving."



6 If you're comfortable, let them know that drinking or smoking is not for you. It's way easier to have fun when you aren't worried about doing something embarrassing or dangerous because you were drunk or high.



7 Tell co-partiers that you're not a fan of the taste or smell.



8 Leave... people who cannot let you be alcohol or cannabis free at a party are not worth hanging out with. More importantly, if the party is busted by law enforcement, you could be penalized for being there whether you've been drinking/smoking or not.

Remember, you're not the only one at the party who is not using alcohol or other drugs. Research shows 2 out of 3 teens DO NOT drink alcohol, and 4 out of 5 teens DO NOT use cannabis. Chances are they're just choosing not to draw attention to the fact that they're not using.