

Saying No to Alcohol Use:

Chapter 9

Lesson 5

Saying No to Alcohol Use

Reasons to Refuse Alcohol

Increased
Self-Respect

High
Self-Esteem

Good
Friendships

Better
Relationships
with Your Family

Control Over
Your Life

Maintaining a
High Level of
Wellness

A Bright Future

Saying No to Alcohol Use

How to Say No to Alcohol Use

Use refusal skills to help you **avoid situations** where alcohol use is taking place.



refusal skills Strategies that help you say no effectively

“I wanted to fit in with the group,” many teens say when asked why they tried alcohol. It doesn’t have to be that way.

Saying No to Alcohol Use

How to Say No to Alcohol Use

S**Say** no firmly.**T****Tell** why not.**O****Offer** another idea.**P****Promptly** leave.

Saying No to Alcohol Use

How to Say No to Alcohol Use

Say no firmly:

- Be **direct** and clearly state how you feel.
- Use direct **eye contact** and keep your statements **short**.
- You can simply say,
“**No, thanks.**”

Saying No to Alcohol Use

How to Say No to Alcohol Use

Tell why not:

- Use “I” **messages** to give your reasons.
- Don’t **blame** other people or call them names if you have **trouble** saying no right away.
- You can just say, “It’s **illegal** for **minors** to drink alcohol.”

“I’d rather have soda.”

“No, thank you. I don’t drink.”

Saying No to Alcohol Use

How to Say No to Alcohol Use

Offer another idea:

- **Suggest** an **activity** that does not involve alcohol.
 - Shopping for something special (e.g., clothes, music, sporting goods).
 - Having an outing, such as dinner, that would include a few special friends.
 - Offering to have friends over for a party (without alcohol).

Saying No to Alcohol Use

How to Say No to Alcohol Use


Promptly leave:

- If you have to, **just walk away.**

Saying No to Alcohol Use

Getting Help for Alcohol Abuse

Some alcoholics may not want to quit using alcohol because they are **afraid** of going through **withdrawal**.



withdrawal A series of painful physical and mental symptoms associated with recovery from an addictive substance

Saying No to Alcohol Use

Getting Help for Alcohol Abuse

Sources of help for yourself, a friend, or a family member who has an alcohol problem include:

- Parent, teacher, religious leader, or school counselor
- Support groups or alcohol treatment centers

Alcoholism is a difficult disease to overcome, but it can be done.

Saying No to Alcohol Use

Alcohol is NOT a Problem Solver

- Alcohol will **never solve** problems or make you feel better.
- Many teens use alcohol because they're **already** having other **problems**.
- When you start to **deal** directly with whatever is causing your **problems**, you're on your way to **avoiding** alcohol use.
- If you find that you need **help** dealing with your emotions, **talk** to someone.

Saying No to Alcohol Use

Healthy Alternatives

- Join a club or sports group at school.
- Volunteer at a local organization, such as a food bank or animal shelter.
- Start a hobby that you can share with your friends.

Remember: Alcohol will never help you reach your goals.