

Ways To Be In Charge

Staying Out of Risky Situations

- A. Avoiding the situation. **If you know of places where people often use drugs, stay away from those places.**
- B. Strength in numbers. **Hang around with nonusers, especially where drug use is expected.**
- C. Walking away. "I have some cigarettes. Have one?"
Say no and walk away while saying it.
- D. Cold shoulder. "Hey! Do you want to smoke?"
Just ignore the person.

Getting Out of Risky Situations

- E. Saying "No." "Would you like a drink?"
"No."
- F. Giving a reason or fact. "Would you like a beer?"
"No thanks. My parents would ground me for life."
- G. Changing the subject. "Let's smoke some marijuana."
"No. Let's go play ball instead."
- H. Repeated refusal, or keep saying no (Skipping CD). "Would you like a cigarette?"
"No. Its not me."
"Come on!"
"No. Its not me."
- I. Use Humor "You want some marijuana?"
"No. I need all my brain cells."