



SUBSTANCE USE SAFETY TIPS FOR MIDDLE SCHOOL STUDENTS

WAYS TO SAY NO!

Your friends or others might pressure you to try alcohol or other drugs. Negative peer pressure is when you feel forced by others to do something you normally wouldn't do. Stand up for yourself and do what you know is right.

With a partner, practice the following scenarios and create ways to say "no" to the negative peer pressure.

1 Person 1: Hey _____. Look what I snagged from my parents' cabinet. They usually keep their alcohol locked up, but they left the cabinet unlocked after my dad's birthday party this weekend. They always look like they're having fun when they drink it with their friends so I snuck some. Want a sip? Kelly, Michael and I had fun when we drank it last night.

2 Person 2: Hey little brother/sister, I got you this when I was at the store earlier. When I was younger, cousin James would always pick me up a case of beer when mom and dad would go out of town and he stayed over, so now it's my turn to return the favor and pass on the tradition. Mom and dad will never know, I'm in charge this weekend!

3 Person 1: Listen, don't be stressed out about our midterm exams, I've got just the thing that will help you relax. My dad grows marijuana to help when he's stressed out. He has plenty of it, he won't miss a little and it seems like you need it to chill out anyway.

4 Person 2: Here you go _____. Try this new flavored Juul pod my sister just picked up for me. It tastes just like cotton candy. Don't worry about getting caught, the vape looks like a regular pen so none of our teachers will ever know what we're doing.

How did you come up with your "no" responses?

Did you think this activity was difficult or easy? What made it difficult or easy?

How will you use this practice in real life?
