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
  o Stand up straight
  o Look the “friend” who is offering you the cigarette or asking you to smoke in the eye
  o 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.