How To Say "No" Quick Activity

Discuss ways people use to say “no” to smoking. These are typical examples you can share with the class:

- Just Say No: “No thanks.”
- Out of Sync: “It’s just not my thing.”
- Change the Subject: “Let’s play basketball instead.”
- A Thousand Times No: Just keep saying “no,” no matter what, or “What part of my ‘no’ didn’t you understand?”
- Here’s My Reason: “I’m on the swimming team. I need all the air I can get.”
- I Have a Choice: “I choose not to use tobacco.”
- Assert Yourself: “No! And please don’t smoke around me either.” or “You want to smoke, fine. I don’t want to.”

Invite groups of four or five students to work together to create (write and dramatize) a role-playing situation in which one or more individuals are trying to get another person to use tobacco and that person is refusing. Let each group present its situation. Have the rest of the class discuss the method or methods the person used to say “no.”