High-Risk Behavior
Refusal Skills

When discussing peer pressure, many children defend their friends and exclaim that none of their peers would ever 'pressure' them to engage in risky behavior. In fact, many such situations do not involve direct pressure. Social conformity is much more subtle and powerful. When a youth walks into a room where their peers are doing something, they are not supposed to, the impulse to do the same is strong and increases if the number of peers doing it increases.

Because children prefer to hang out in groups with peers who do similar activities, it is critical for parents to prepare kids for handling the 'pressure' by practicing refusal skills with them and influencing them to socialize with peers who engage in prosocial activities. engage in prosocial activities. Parents can help children build refusal skills by practicing and role-playing what they can say and do in social conforming or peer pressuring situations.

20 Hip, Slick & Cool Ways to Say No to Risky Stuff

1. Say, 'No, my parents drug test me.'
2. Blame someone else. 'My older brother would be embarrassed if I did that!'
3. Quietly say, 'Not my scene, man.'
4. State your reason for saying no.
5. Totally ignore them.
6. Get the heck out of Dodge...just leave.
7. Make up an excuse about it.
8. Hang out with peeps who do not engage.
9. Tell them you play a sport and cannot use.
10. Be polite and say 'No thank you'.
11. Tell them your Mom would kill you.
12. Blame your school for doing random testing.
13. Say you are allergic to that stuff.
14. Inform them you'd try it, but you already know you wouldn't like it.
15. Distract them by asking them to go do something else with you.
16. Make a joke about how beer makes you sick.
17. Use humor and say, 'That's all I need, to get grounded for a month AND have my Dad mad at me!'
18. Let them know it makes you uncomfortable.
19. Share that you are a safety freak.
20. Exclaim, 'Do you know that stuff arrests your Frontal Lobe development!'