

## Background Information

### Refusal Techniques

Refusal techniques are strategies to successfully 'say no'. These techniques are important for students to learn and practice when resisting pressure.

#### **Possible Refusal Techniques:**

**Humour** - Be creative and provide a quick, witty response that ends the conversation. (e.g., "Yellow teeth and wrinkles...no thanks!")

**A Buddy** - Plan with a good friend beforehand to stick to decisions previously agreed upon.

**An Exit** - Leave the situation. (e.g., say no and leave.)

**An Excuse** - Provide a reason or excuse why you do not want to say yes to tobacco. (e.g., "No, I do not want to smell like an ash tray.")

**An Imagination** - Think of creative ways to change the focus. (e.g., "No, I think the Rider game is on. Why don't we go check out the game and at half-time throw the football around?")

**Broken Record** - Do not argue; just keep repeating the same answer over and over again. (e.g., "No, I don't want to try anything that is unhealthy for my body," repeat as needed.)

**Reverse the Pressure** - Be creative and come up with a response that puts the pressure on the person offering. (e.g., "Why are you bothering me with something that is not good for me or you?")

**Offer an Alternative** - Encourage students to be creative and come up with other possibilities or healthier options. (e.g., "No, I like my lungs healthy so I can play sports. Let's go play a game of soccer instead.")