

Resistance Strategies

- **Walk away/leave**

- If you see pills or other drugs and alcohol at a party, just leave. That way you won't have to worry about someone asking you to use.

- **Give an excuse or a reason**

- "I have asthma and I can't take anything because I could stop breathing."

- **Make a joke**

- "If I took those, you'd be wiping drool off my face all night long."

- **Hang with others who choose not to use**

- Surround yourself with friends who don't use drugs or alcohol – they will never pressure you to use and they will have your back if others try to get you to use

- **Avoid problem situations**

- If you heard there will be pills or other drugs and alcohol at party, just don't go.

- **Say "no" and repeat it if they keep pushing**

- **Change the subject**

- "Hey, have you guys seen the new Batman movie?"

- **Ignore it**

- Pretend like you don't hear the person and avoid eye contact with them; keep talking to someone else.

- **Offer an alternative**

- "Let's go rent the new Halo game instead. I heard it's awesome."