**JUST SAY ‘NO’**

**“NO, I’m good.” (And then get really involved with your phone)** Hopefully, the asker isn’t too pushy.

**OR: Pretend you did not hear them and walk away** (while walking away, youmay also stare at you phone or head to the bathroom to void awkwardness). Again, hopefully the asker will get the point.

**“NO thanks. I am not into that.** Truth.

**“Ummm, NO. My mom (or dad) would freak out and I’m not ready to deal with that.”** Yes. Your parents would freak out. Plus , this reason takes the pressure off of you and puts it on someone else.

**“Nope, My friend (or relative, someone I knew, etc.) overdosed and died.”** Nothing like injecting a bit of harsh reality into the convo. Not to mention, with tens of thousands of people overdosing and dying each year, many people can relate to either losing or almost losing a loved one to drugs.

**“Aw man, I can’t. My job could do a random drug test.”** Technically, your job could do random drug tests (it’s legal). Or, if you don’t have a job yet, you could be applying to one soon that would require you to pass a drug test before they hire you. Drugs stay in your system for a while after using.

**“Oh. No thanks, I must go home (or to work, church, a date, etc.) soon and I don’t want to look high”** Completely true. Who actually wants to go anywhere looking like they’re high?

**“No.” or No, thanks.” Or “Nah, I’m good.”**  Sometimes it is best to keep it simple and to the point.

Turning down drugs can be awkward and uncomfortable even for the most confident. You know you really don’t want to do drugs, but just saying “NO”to your buddies can be difficult. Use these tips to know what to say in advance.

**JUST SAY “NO” AND STILL KEEP YOUR COOL**