

# How to Empower Teens and Young Adults with Refusal Skills.

Young people are pretty good at coming up with excuses, but even the best excuse-maker needs help sometimes. When the pressure is on, they may need to have prepared come-backs. You can help them prepare.

(Give a reason)

—  
**Can't do that.  
Addiction runs  
in my family.**

(Make an excuse)

—  
**My dad would take  
my phone away  
if he found out  
I did that.**

(Leave the situation.  
Text a code to a family member  
or friend to call for an emergency.)

—  
**Sorry,  
I have to go.**

(Make a joke)

—  
**No thank you.  
I need all the  
brain cells that  
I can get.**

(Offer an alternative that  
shows you value the person)

—  
**Maybe we can just  
head to the movies  
instead.**

(Just say no, plainly and  
firmly; repeat if necessary)

—  
**No thank you,  
I'd prefer not to.**

**What else could you suggest?**

