

HOW TO SAY NO!

You're in control of your decisions. If your friends pressure you to do something you don't want to do:

- 1. Say "no" and... suggest something else.**
- 2. Give them a reason or explain why you said "no."**
- 3. Reverse the pressure.**
- 4. Talk about the consequences.**
- 5. Change the subject.**
- 6. Add some humor.**
- 7. Walk away.**

Your friends should not make your decisions - you should.

Do what's right for you!

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