**Dealing with Peer Pressure**

* **Things to Say:** 
  + “No, thank you.”
  + “Not now, I’m not ready.”
  + “No thanks, I am trying to quit.”
  + “I’m allergic to smoke” or “I have a stomachache.”
  + “I don’t feel like it” or “I don’t want to”, or “It’s not really my thing”.
  + Be a broken record - keep saying “no” over and over again.
  + “I can’t stay; I’ve got to help my dad with something.”
  + “That stuff makes me sick.”
  + “I’m supposed to meet so and so in a few minutes.”
  + “No way. I think you just want me to get in trouble.”
  + “I’m not into that.”
  + “My mom would kill me if she found out.”
  + “I don’t have time for drugs.”
  + “I’d be suspended from the team.”
  + “Forget it. There’s no way I’m going to do drugs.”
  + “I’ve got more to do with my life.”
  + “My parents bought a $30 breathalyer”
  + “I would, but my mom can be really strict and I don’t want to piss her off before she buys me those Jordans.”
* **Things to Do:**
  + Find strength in numbers - be with friends who don’t vape.
  + Use humor - make light of the situation with a joke
  + Be honest and tell them you don’t want to,
  + Walk away - ignore the person
  + Change the subject - start talking about something else.
  + Keep yourself busy - listen to music, sing, dance, tell jokes, engage in conversation, laugh with friends. When offered something say, “No thanks, I’m good already.”
* **Things to say to Help Friends:**
  + “That stuff is so bad for you.”
  + “Why would you use that junk?”
  + “Haven’t you heard about the kid in the news who died from doing that?”
  + “Go ahead if you want to kill yourself – I don’t want to.”
  + “You’re crazy!”