



HOW TO SAY NO TO ALCOHOL USE

1. Use assertive behavior. **Stand Tall!** Say, **“No!”** in a firm and assertive voice.
2. Give reasons for saying **“NO!”** to alcohol. Explain that alcohol use is harmful, unsafe and illegal for minors. Using this substance does not show respect for yourself or others. Using alcohol is against the guidelines of your family, school and the law for minors.
3. Use nonverbal behavior to match your verbal response. Do not keep alcohol in your possession for someone else. Do not behave in ways that indicate that you approve of drinking alcohol.
4. Avoid being in a situation in which there will be pressure to drink alcohol. Avoid groups in which there will be alcohol. Think ahead about what to say or do if your peers are drinking alcohol.
5. Avoid being with people who use alcohol. Choose friends who do not drink alcohol.
6. Resist pressure to engage in illegal behavior. Learn the laws that apply to alcohol use in your community and state.