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http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/LifesSimple7forKids/Hey-Kids-Dont-Smoke-Use-Smokeless-Tobacco-or-Nicotine-Products_UCM_466542_Article.jsp#.WbF0G8iGO71

If someone wants you to try smoking or using other types of tobacco, here are a few ways to say “no.”

Decide which way works for you:

1. **Be direct.** If a friend asks you, “Hey, do you want a smoke?” ... say, “No. I don’t want to.” And sound like you mean it. If you say no every time they ask, they will eventually stop asking.
2. **Change the subject.** If a friend asks you, “Hey, do you want a cigarette?” ... say, “No, but let’s go play basketball, or to a movie or go for a walk.”
3. **Have a good joke, comeback line or smart response ready.** If a friend says, “Come on, everyone smokes.” ... say, something funny like, “No thanks, I’m a big fan of breathing.” Or, “No thanks, I am not a butt kisser.” (Get it? Cigarette butts? HA!) Or try a smart response such as, “No thanks, cigarettes have a lot of really nasty chemicals in them that I don’t want in my body.”
4. **Walk away.** If you feel uncomfortable and don’t want to say anything, you can simply walk away. It’s as easy as that.
5. **Blame it on something else.** Use an excuse to say “no,” like, “My mom wants me home now. Got to go!” or “It’s not worth getting in trouble over it.”
6. **Avoid the situation.** If you see your friends sneaking around with tobacco, you can decide to do something else besides hang out with them. It may be really hard, but if your friends don’t respect your right not to smoke, try hanging out with some people who will.