

Level up your

Refusal skills:

R

Refuse. Just say “no” or ignore the offer.

E

Exit. Leave the conversation or the group.

F

Friend. Find a friend and make a plan to refuse together.

U

Use humour. Make a joke or an excuse.

S

Suggest an alternative or change the subject.

E

Evade. Avoid risky situations.

Need support? You are not alone.

Visit Kid’s Help Phone at kidshelpphone.ca.

Call: 1.800.668.6868 or Text: 686868