

**DEALING WITH PEER PRESSURE
ON VAPING/DRUGS/ALCOHOL**

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WHAT TO SAY: HAVE A PLAN

SAYING "NO" TO FRIENDS CAN BE VERY HARD SOMETIMES. YOU MAY BE AFRAID OF WHAT THEY'LL THINK OF YOU IF YOU DON'T GO ALONG WITH THEM. SOMETIMES YOU CAN MAKE IT EASIER ON YOURSELF BY PREPARING IN ADVANCE FOR A POSSIBLE PRESSURE SITUATIONS.

WHAT TO SAY: THERE ARE MANY WAYS TO SAY "NO"

HERE ARE SOME DIFFERENT WAYS TO SAY "NO":

**"I'M NOT INTO
THAT"**

**"I DON'T FEEL LIKE
IT"**

WHAT TO SAY: THERE ARE MANY WAYS TO SAY "NO"

HERE ARE SOME DIFFERENT WAYS TO SAY "NO":

**"I CAN'T STAY, I
HAVE PRACTICE"**

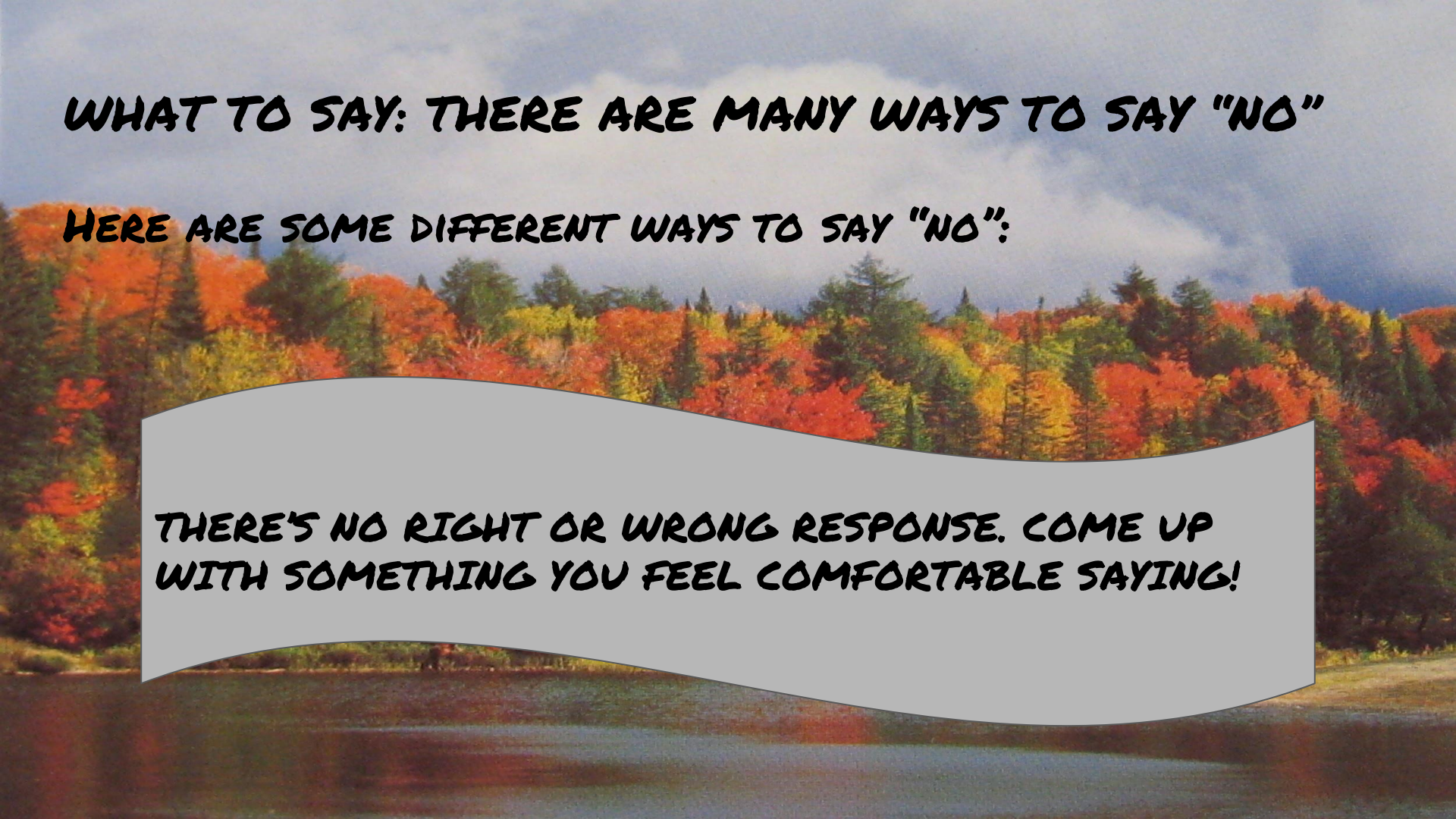
**"MY PARENTS
WOULD KILL ME
IF THEY FOUND
OUT"**

WHAT TO SAY: THERE ARE MANY WAYS TO SAY "NO"

HERE ARE SOME DIFFERENT WAYS TO SAY "NO":

**"I'D BE SUSPENDED
FROM THE TEAM"**

**"I CAN'T. MY
PARENTS TEST ME
FOR DRUGS,
ALCOHOL, AND
TOBACCO"**



WHAT TO SAY: THERE ARE MANY WAYS TO SAY "NO"

HERE ARE SOME DIFFERENT WAYS TO SAY "NO":

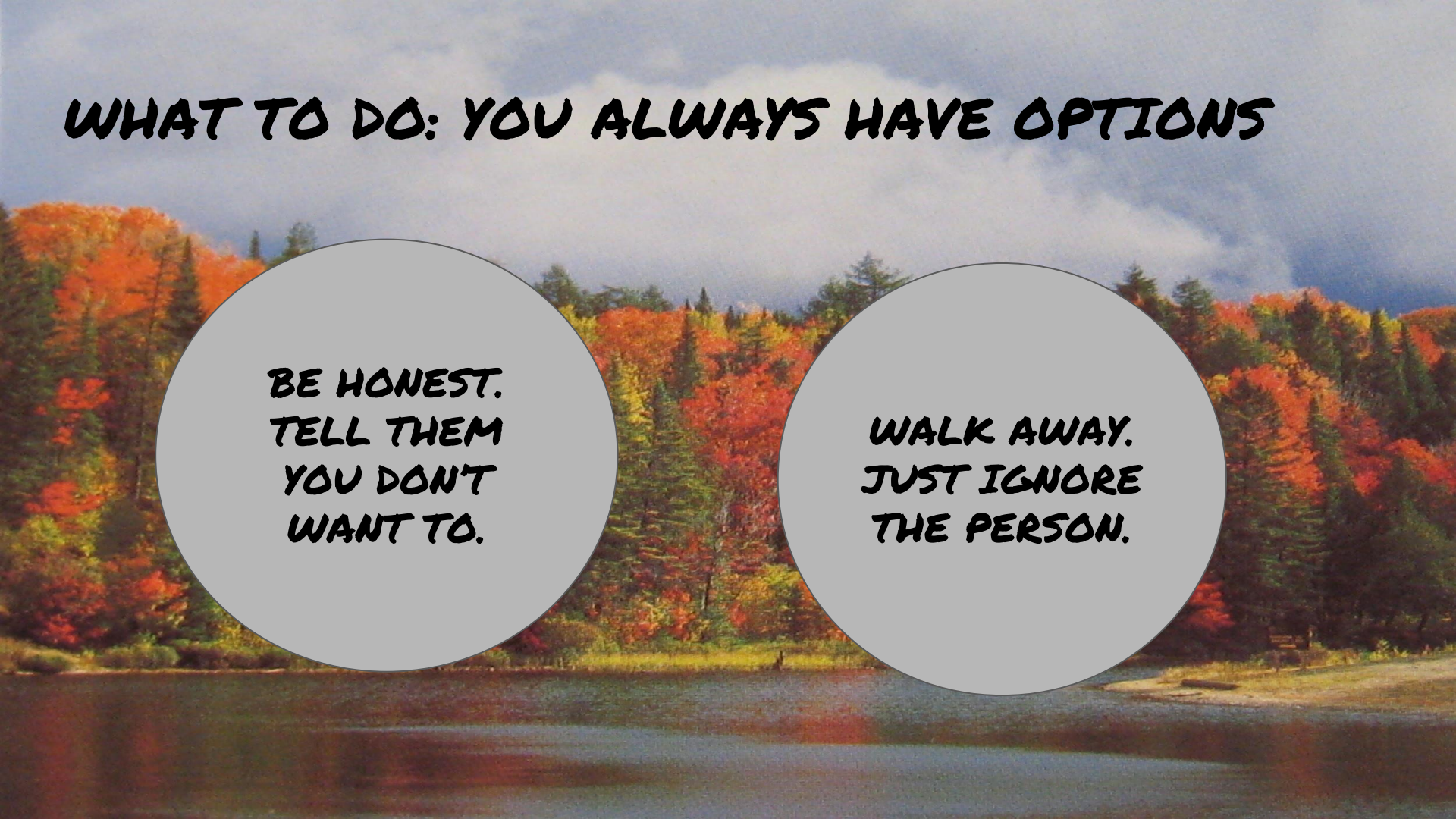
THERE'S NO RIGHT OR WRONG RESPONSE. COME UP WITH SOMETHING YOU FEEL COMFORTABLE SAYING!

WHAT TO DO: YOU ALWAYS HAVE OPTIONS

FIND STRENGTH
IN NUMBERS. BE
WITH FRIENDS
WHO DON'T DO
DRUGS, VAPE, OR
DRINK.

USE HUMOR.
MAKE LIGHT OF
THE SITUATION
WITH A JOKE.

WHAT TO DO: YOU ALWAYS HAVE OPTIONS



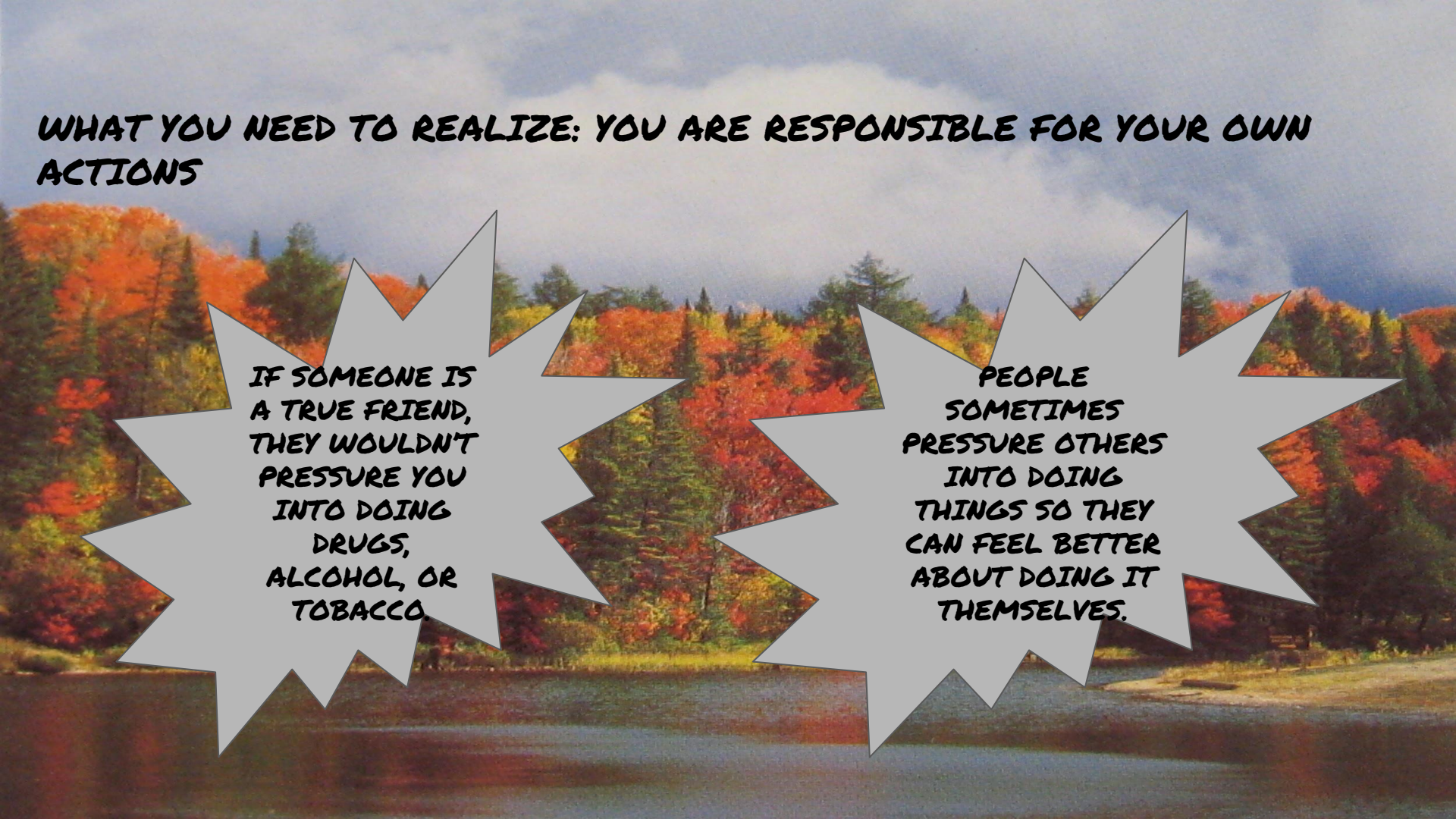
**BE HONEST.
TELL THEM
YOU DON'T
WANT TO.**

**WALK AWAY.
JUST IGNORE
THE PERSON.**

WHAT YOU NEED TO REALIZE: YOU ARE RESPONSIBLE FOR YOUR OWN ACTIONS

**ONLY YOU CAN
DECIDE TO LIVE
DRUG, ALCOHOL,
AND TOBACCO
FREE.**

**MAKE THAT
CHOICE NOW
AND DON'T PUT
YOURSELF IN
SITUATIONS TO
COMPROMISE
THAT.**




WHAT YOU NEED TO REALIZE: YOU ARE RESPONSIBLE FOR YOUR OWN ACTIONS

**IF SOMEONE IS
A TRUE FRIEND,
THEY WOULDN'T
PRESSURE YOU
INTO DOING
DRUGS,
ALCOHOL, OR
TOBACCO.**

**PEOPLE
SOMETIMES
PRESSURE OTHERS
INTO DOING
THINGS SO THEY
CAN FEEL BETTER
ABOUT DOING IT
THEMSELVES.**


WHAT YOU NEED TO HAVE: RESPECT FOR YOURSELF



**IF YOU RESPECT YOURSELF,
OTHERS WILL RESPECT YOU.**

**BEING COOL IS STANDING UP FOR
SOMETHING YOU BELIEVE IN AND
NOT COMPROMISING YOUR
BELIEFS BECAUSE OF PEER
PRESSURE.**

WHAT YOU NEED TO HAVE: RESPECT FOR YOURSELF



**SURROUND YOURSELF WITH
FRIENDS THAT HAVE
SIMILAR GOALS AND
VALUES.**

**DON'T SURROUND YOURSELF WITH
FRIENDS THAT WOULD INFLUENCE
YOU NEGATIVELY.**

WHAT YOU NEED TO REMEMBER: YOU'RE NOT ALONE

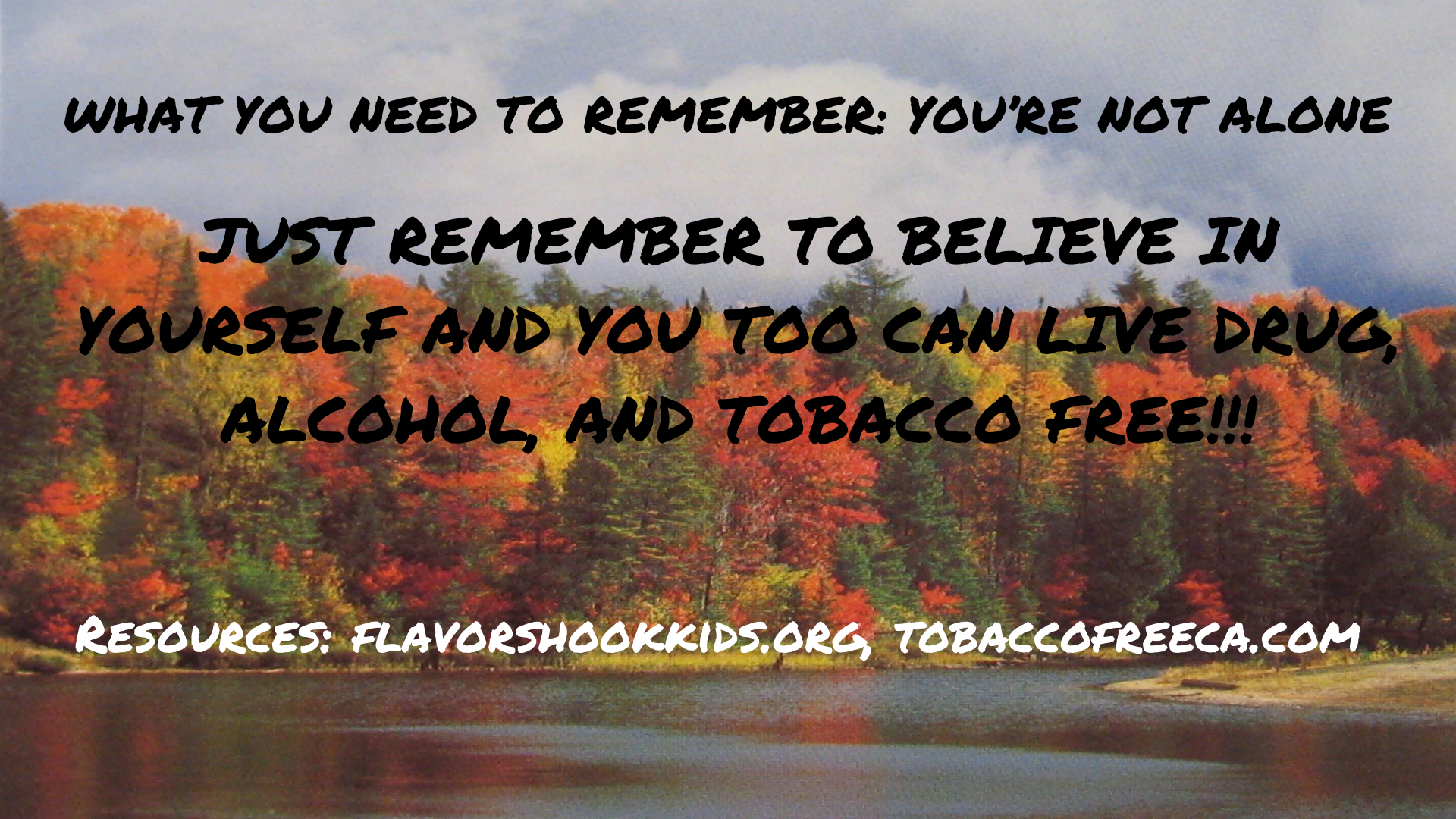
NO MATTER WHAT AGE YOU ARE, WE ALL NEED HELP
SOMETIMES. WE ALL SEEK.....

ADVICE

ENCOURAGEMENT

UNDERSTANDING

SUPPORT



WHAT YOU NEED TO REMEMBER: YOU'RE NOT ALONE

**JUST REMEMBER TO BELIEVE IN
YOURSELF AND YOU TOO CAN LIVE DRUG,
ALCOHOL, AND TOBACCO FREE!!!**

RESOURCES: FLAVORSHOOKKIDS.ORG, TOBACCOFREECA.COM