

Home Practice: Cigarette and Drink Refusal

Practicing refusal of cigarettes or drinks will help you be prepared and in control if you find yourself being offered a cigarette or drink.

Below are two lists: **Situations** where you may be offered a cigarette or drink and **Responses** that you can use to refuse. Please complete the lists by adding your own situations and responses that you are likely to encounter.

Situation	Response (refusal)
Cigarettes	
1. You are with friends/coworkers and they move to go outside for a cigarette break and assume you are going with them.	1. Say, "I need to go take care of something, I'll catch up with you later."
2.	2.
3.	3.
4.	4.
5.	5.
Alcohol	
1. You are at a wedding reception and the waiter begins re-filling everyone's glass at your table with wine for the meal.	1. Put your hand over your wine glass to silently signal "No more for me at this time."
2.	2.
3.	3.
4.	4.
5.	5.