

WAYS TO SAY NO AND STAY COOL

1. Suggest doing something else. "I don't want to do that. How 'bout we see a movie instead?"

2. Give a reason why you don't want to do something. "Sorry, but I don't want to hurt my body by smoking."

3. Change the subject. "I don't shoplift. Hey, did you see the game on TV Sunday?"

4. Make a joke. "Cheating won't help me understand math. Did you hear the one about (insert funny joke here)?"

5. Keep it simple. "No, thanks. I'm not into that." (Repeat it as much as you need to.)