OFFERING AN ALTERNATIVE TO USING DRUGS AND ALCOHOL

The steps are:

1. Look at the person. Make eye contact.

2. Use a firm voice and tell the person that you don’t want to use drugs or alcohol.

3. Give the person a reason why you do not want to use.

4. Suggest another activity. If the person has drugs or alcohol with them, leave the situation.

Name: ______________________ Date Assigned: ________________

Person Assisting with Outside Practice: ______________________

Skill Being Practiced: ______________________

My Plan (brief description of assignment):

________________________________________________________________________________________

Practice Date: ________________ Location: ______________________

Briefly describe what took place:

________________________________________________________________________________________

How effective were you at using the skill during the outside practice? Please check one:

○ Not at all effective
○ A little effective
○ Moderately effective
○ Very effective
○ Highly effective