Social Skills

COPING SKILLS FOR DRUG AND ALCOHOL USE

Offering an Alternative to Using Drugs and Alcohol

Requesting That a Family Member or Friend Stop Asking You to Use Drugs and Alcohol

Responding to a Stranger or a Drug Dealer
Social Skills

Offering an Alternative to Using Drugs and Alcohol

Step 1. Look at the person. Make eye contact.

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

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

Step 4. Suggest another activity. If the person has drugs or alcohol with him or her, leave the situation.
Social Skills

Requesting That a Family Member or Friend Stop Asking You to Use Drugs and Alcohol

Step 1. Look at the person. Make eye contact.

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

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

Step 4. Request that the person not ask you to use drugs or alcohol.
Social Skills

Responding to a Stranger or a Drug Dealer

Step 1. Decide whether to make eye contact.

Step 2. Tell the person that you don’t want to use drugs or alcohol. Be brief.

Step 3. *If appropriate*, give the person a reason why you do not want to use.

Step 4. Leave the situation.