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 them, 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.