One-Liners to Avoid Drugs and Alcohol

In this activity you are going to learn about how to avoid situations in which your peers are using alcohol, drugs, tobacco and other substances that are harmful to growing brains. By practicing "One Liners" with your family, these responses help you to have an out when you are asked to do something you KNOW is bad for your brain.

Examples are: "I'm not really into alcohol" Some kids use humor to deflect, such as "I'm not into watching a bunch of people getting drunk and barfing everywhere... or being one of them".

What one-liners can you come up with that would you could use in situations when a friend is suggesting you should participate in something you know is illegal and bad for your brain?

Your One-Liners

Ideas:

- No thanks, I would rather not drink. (simple, and to the point)
- It's illegal, and I am not about to get a point on my record or hear it from my parents if something goes wrong.
- I don't need to get wasted to have fun.
- I'd rather drink bleach than that stuff.
- I don't need any less brain cells than I already have! (joking)
- That sounds boring. Who would rather go to the ____ with me?
- That isn't going to help me win the ____. Not worth it!
- I'm actually not feeling very well, and alcohol doesn't help.
- Alcohol and my grades don't really mix well.
- My parents would KILL me.
- I always have more fun sober.

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