



youth service bureau

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## 10 Things to Say to Your Friends When They Pressure You to Drink or Use Drugs

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1. No thanks – I’m the designated driver. If you need a ride home later, let me know!
2. No thanks. I’m on the basketball team and using drugs would really mess with my performance.
3. I don’t want to get kicked off the team for using.
4. I can’t – our coach is really strict about using.
5. I have a huge test to study for tomorrow. I can’t do that after a night of drinking/using drugs.
6. I have to spend the day with my family tomorrow. They’ll know if I’ve been drinking or using drugs.
7. I have to babysit / go to a concert / visit my grandparents / go to practice / volunteer / study tomorrow. I can’t be hung-over for that!
8. My mom would kill me if she found out I was drinking or using drugs!
9. My dad is really strict and has drug tests at home. He says he’ll use on me if he thinks I’ve been using. So ridiculous, right? So, no, I’m not going to drink and risk that happening!
10. *[Have a bottle or glass of your favorite non-alcoholic drink with you at parties and say:]* I’m fine with what I’m drinking here. Thanks though! *[Remember to always keep that bottle with you – never leave it unattended!]*
11. No thanks – I’m going to go dance! *[Then, get up – and dance! Stay busy and moving!]*
12. I’m good, thanks. I don’t need it to have a good time!

What if your friends keep pressuring you and aren’t buying any of your excuses? Leave the party. Your friends are probably pressuring you to join in using alcohol or drugs because they don’t want to be the only ones using. By resisting peer pressure and leaving, you’re showing them that you don’t need drugs or alcohol to have a good time, and that they shouldn’t need it either.