

Peer Pressure – Part One

How to Say “No”

1. Broken Record Technique
2. Give Reasons or Excuses.
3. Delay Your Decision.
4. Find a Friend who feels the way you do.
5. Use Your Credit. In other words put the pressure back on` them.
6. Avoid the Situation.
7. Change the Subject.
8. Tell Your Friends, "I have made a decision."
9. Chicken Counterattack.
10. Tell Your Friends, "I have a right to say no."