

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.