# Skill-Building Challenge Worksheet: Demonstrating Interpersonal Refusal Skills

Name: Blank Class: Blank Date: Blank

Your friend has just offered you an e-cigarette. You do not want to offend your friend by refusing, but you definitely do not want to vape. Write a script between you and your friend that includes at least three health reasons why you would not want to vape. Include in your script *I* messages and refusal skills to reinforce your use of the word *no*:

1. Say “no.”

2. Use an *I* message to state your reason for not wanting to vape.

3. Use an assertive voice and have your nonverbal body language match your verbal language (stand tall, look the person in the eye, and shake your head “no”)

4. Be consistent and stick with your position.

5. If none of the strategies work, remove yourself immediately from the situation.

Practicing ahead of time what you will say in a situation like this will make it easier for you if the situation actually happens.