PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

"Let's Get Out of Here!!"

(Planning Your Escape Route)

Learning how to say "No" to tobacco can be difficult. Below are some techniques you can try when resisting the pressure to use tobacco.

Stay Positive

List positive reasons why you don't want to use tobacco. (e.g. "I've worked really hard to get better for this year's basketball season. I don't want cigarettes to take that away.")

Humour

Be creative and provide a quick, witty response. (e.g. "Yellow teeth, bad breath, and wrinkles…no thanks!")

Buddy System

Make a promise or commitment with a friend not to use tobacco.

Exit

Leave the situation (e.g. say "No" and leave)

Provide an Excuse

Give a reason or excuse why you do not want to say yes to tobacco. (e.g. "No, I don't want to smell like an ash tray"). It's also okay to blame it on your parents- they won't mind (e.g. "My parents would be really upset if they caught me smoking")

Be Creative

Think of a creative way to change the focus of the conversation. (e.g. "No I think the Rider game is on. Why don't we go check out the game!")

Broken Record

Don’t argue but just stand your ground. Repeat the same answer over and over. (e.g. “No, I don’t want to try anything that is unhealthy for my body”, repeat if asked again)

Reverse the Pressure

Come up with a response that puts the pressure on the person offering the tobacco (e.g. “Why are you doing something that is not good for your health?”). Refer to KnowTobacco www.sk.lung/index.php/educators/teachers