

There are several ways to handle situations in which you are asked or encouraged to do something you don't feel is safe or right

Choose the strategy that seems right to you for the situation you are in.

Always tell a trusted adult. These are my trusted adults:

**"No thanks" technique:**  
Simply say "no"



**Broken Record:** Repeat the same phrase over and over

"I'm not interested."

**Give a Reason or Excuse:**  
"My mom will kill me"; "I have to go feed the dog"; "I know that's a bad choice because..."

EXCUSE NOTE	
TO: <i>Mr. Johnson</i>	DATE: <i>10/25/90</i>
EXCUSER'S NAME: <i>Robert Smith</i>	CLASS: <i>3rd</i>
EXCUSE'S NAME: <i>myself</i>	CLASS: <i>3rd</i>
DATE(S) RECEIVED EXCUSE: <i>10/25/90</i>	
TRANSMISSION:	
ORAL: <input type="checkbox"/>	WRITTEN: <input type="checkbox"/>
IN PERSON: <input type="checkbox"/>	BY MAIL: <input type="checkbox"/>
IN PERSON: <input type="checkbox"/>	BY MAIL: <input type="checkbox"/>
EXPLANATION: <i>My dog, baby, dog, dog, dog, getting in the way of my playing!</i>	
PLEASE ALLOW EXCUSER TO MAKE UP FOR ANY LOSSES:	
TIME: <input type="checkbox"/>	PROPERTY: <input type="checkbox"/>
THE EXCUSER HAS RECEIVED: <input type="checkbox"/> EXCUSE	

*Refusal Strategies  
And Trusted Adults*



*How to Handle an Unsafe  
Situation*



**Reversing the Pressure:** "I thought you were my friend."

**Change the Subject:** "Yeah, right. Let's go play basketball now."



**Cold Shoulder:** Ignore the person and walk away.

