



Situation

**Try this
cherry
cigarello!**

**Don't be such
a goody
two shoes,
try it!**

**Someone
starts vaping
or smoking
near you.**



Refusal

**Not a
chance
skinny
pants!**

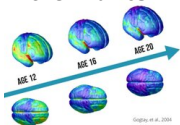
**See you
later
instigator!**

Walk away.




Fact

**The human brain
is developing until
the mid 20s**




**Substance use is
a health issue-
not a moral issue.**


**Just 30 minutes
of secondhand
exposure can cause
heart damage
similar to that of an
everyday smoker.**



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**Come on
just take
one.**

Someone took a pill and is short of breath, confused, has clammy skin, tiny pupils or is unresponsive.

Someone offers edibles, vape, an open drink or pills.

You see an influencer on social media offering pills to improve performance during finals week.

NO!
TELL A PARENT OR COUNSELOR IF A FRIEND IS TAKING PILLS WITHOUT A PRESCRIPTION. OR CALL THE SUBSTANCE ABUSE HOTLINE AT 1-800-662-HELP

**Yell for help,
Call 911,
and call
an adult.**

**Decline. Any
substance may be
contaminated
with
fentanyl.**

**Use the report
function on social
media to help
keep others safe.**

**Just one
pill
can kill.**



**Just THIS
much
fentanyl
can kill!**



**Out of all the
pills confiscated for
the last 3 years in the
Portland area,
0 % were what
they were supposed
to be.**

**It is never safe to
take prescription
pills that were not
prescribed to you
by a doctor.**



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Someone tells you cannabis use will help you stay calm, and be a better parent.

You don't have to try it now, put it in your pocket for later in case you change your mind .

But...it's not like smoking, it's only nicotine.

Kids experiment, I did it, I'm fine. It will be fine.

Debunk that hogwashery!

Not a chance, I won't touch it. I don't even want it near me!

Nope, I can't listen to this malarky.

I don't buy into that hooley! More kids than ever are choosing not to use any substances.

Cannabis impaired parenting is statistically correlated with the death of children by child abuse and neglect.

Substances contaminated with fentanyl or carfentanil are powerful enough to cause overdose through a touch or a breath.

Nicotine is as addictive as cocaine. Particularly, it changes developing brains, hinders impulse control & makes them more susceptible to addiction to additional substances.

90 % of addictions are attributed to substance use initiated during childhood or young adulthood. Kids need to know the true risks!



**Dude, don't
be so lame,
TAKE ONE
YOLO!**

**You are
offered
alcohol and
vape at a
party.**

**Some kids
at a party
start vaping
THC.**

**This vape
has no
nicotine,
just
flavorings.**

**I don't need
that to be
sic. TBH I'm
just not so
thirsty.**

**Say you are
training for a
sport, a
performance or
just a healthy
life.**

**Remember
you have
plans. Excuse
yourself and
leave.**

**REPEAT
"Talk to the
hand-
I'm still not
interested."**

**Maintain a variety
of social groups
and activities. If
one group starts
using substances,
limit your time in
their company.**

**By having a
variety of phrases
& strategies up
your sleeve, you
are more likely
to show confidence
in your refusal.**

**Fentanyl
has been found
in vape and
marijuana
products.**

**Many flavorings found
in vape juice are
generally recognized as
safe food additive.
However, inhaling them
can cause permanent
lung damage even
without nicotine.**



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You are at someone's home and you begin to feel uncomfortable.

I'm offering something sweet, don't be too basic to try it.

Your friend tried vaping and wants to quit.

You're going to a party and want to stay safe.

Text your parent or someone else you trust to pick you up.

Be defiant- "I'm not basic, but I'm getting SALTY!"

Encourage them to get help. Share a resource.

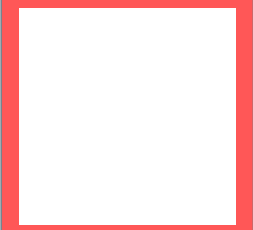
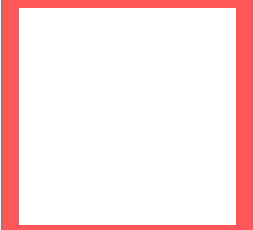
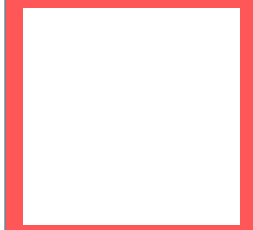
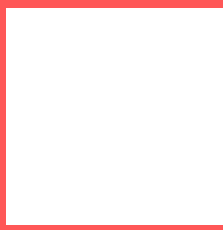
Only accept sealed beverages, and keep them with you at all times.

Agree on a code with parents: If you text a certain phrase, word, or emoji- they will call & direct you to get home or pick you up immediately.

You are capable of taking charge. No cap!

Text: DITCHVAPE to 88709

Protect yourself from drugs that have no odor, color or taste, which can easily be slipped into a drink.



**Ppfftt-
NO. Bruh, just
NO.**

I'm Gucci

**Educate friends,
change the
subject, or
suggest another
activity.**

**Not an ounce,
I gotta
bounce!**

**Nicotine disrupts
the part of the
brain that reacts
to rewards and
make you crave
more.**

**Nicotine corrupts
the part of the
brain
responsible for
decision making
and impulse
control.**

**If you want
your brain to
reach adult
capacity. There
is one choice.
No substances
prior to age 21.**

**59% of high school
seniors havent used
any substance in the
past month. 31 %
haven't used in their
lifetime. The
trajectory is rising**



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Share your feelings: "I'm not comfortable with this."

Always have a backup plan. "My brother will pick us up."

I'm gonna get triggered!

**NOPE,
Later Haters!**

**I'm OUT!
Love Peace &
chicken grease!**

**Back up
buttercup!**

**I'm not taking
a hit, I'd rather
split.**

Au revior!

Let's go play fugitive instead!

Lets play for candy instead of drinks!

I'm going skating instead.

I reserve the right to not partake.

Want to go swimming instead of that party?

I'm headed out to play basketball, want to come?

Let's hit the gym!

I'm surprised you're into that!

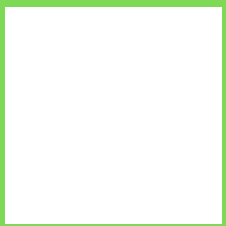
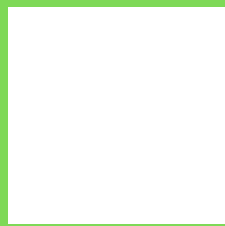
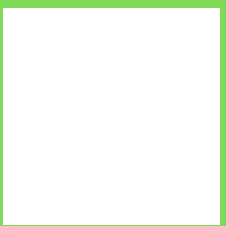
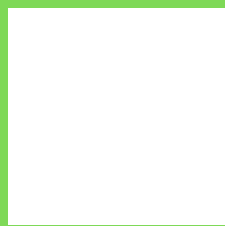
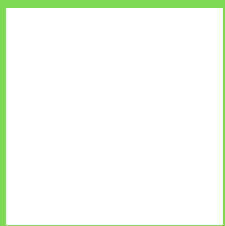
Set up a code word or phrase in advance. Use it in a conversation or a text, your trusted adult will make the excuse for you and arrange an immediate OUT for you.

OMG! I am offended that you think I'd even consider that!

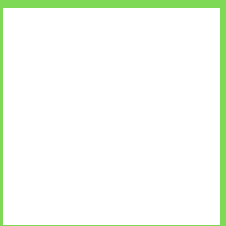
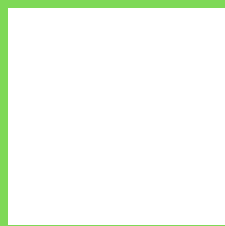
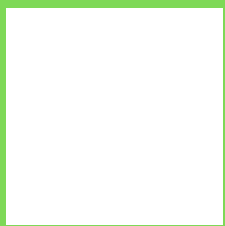
I can't EVEN believe you have that!

I'm so disappointed right now.

**Let's not
harm
ourselves or
others.**



**Set up a code word or
phrase in advance.
Use it in a
conversation or a
text, your trusted
adult will make the
excuse for you and
arrange an immediate
OUT for you.**



SUGGESTED USES
FOR DISCUSSION
CARDS

Game: 1
Preparation:

- Place red situation cards in a deck face down.
- Deal all of the blue fact cards out to players.
- Spread green refusal cards face up.

Game: 2

- Take turns choosing green refusal cards.
- Read them aloud and place them under an orange category heading.
- On a blank card, write another example to place in the same category.

Teachers and Skills Trainers:

Place cards in a pocket chart. (red ones face down in deck.) Choose a card regularly, at least daily. Have students discuss which facts are relevant to the situation. Then practice refusal skills or boundary setting for the situation.

**Print 2 sided,
landscape,
flip on the
short side.**

Game: 1
How to Play:
Turn over one red situation card. Each player should choose a refusal strategy (green card)
Player reads their refusal card out loud, then shares 3 facts which support their reason for refusing the situation.

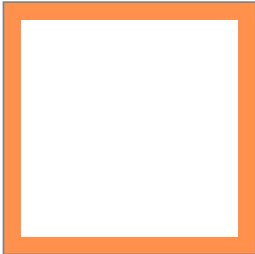
Blank red cards may be used to make up your own situation. Either one you have experienced, seen in a movie, or one that you think could happen in a certain environment. Then practice strategies to get out of the situation.

CATEGORY CARDS
TYPES OF
REFUSAL
STRATEGIES

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Game: 1
Continued: Players discuss the cards they chose and agree on which facts are true. (Google allowed) If all of a players shared facts are true, the player can keep the green refusal card, which becomes a point. Blue fact cards remain in the players hand.

Blank yellow cards may be used to make up your own activity. Blank blue cards are to add more facts as you learn them.



A friend under the influence wants to drive you somewhere.

**SAY IT AGAIN
SAM! REPEAT
VERBATIM
OR USE YOUR WIT
TO DIFFUSE
TENSION AND
GET YOUR POINT
ACROSS.**

**MAKE
AN
EXCUSE...
ANY
EXCUSE!**

**HAVE A BACKUP
PLAN**

Ask them not to drive, if you can't stop them, make an excuse. "I can't leave, I have to use the bathroom."

**BE TRUE TO
YOU-
SHARE
YOUR
FEELINGS**

**AVOID THE
SITUATION, SET
BOUNDARIES
AHEAD OF TIME.**

**CHANGE OF
PLANS!
OFFER A
BETTER IDEA**

**GO IN REVERSE!
TURN THE
PRESSURE
AROUND**

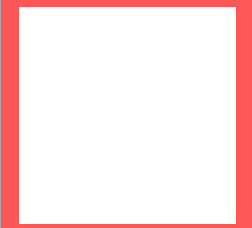
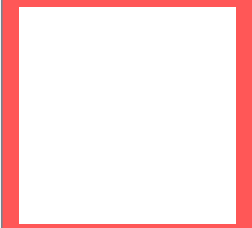
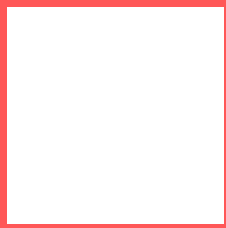
**JUST THE FACTS-
SHARE THEM!**

**WALK THIS
WAY...(AWAY)**

**CALL OR TEXT
FRIEND OR
FAMILY**



**Your friends are at
your house
are talking
smack because
you won't host a
party while your
parents are away.**



**Don't let the
door hit ya
where the
bootie crack
split ya!**

