Response ideas

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| 1.Say “no thanks” | 2.Know you don’t want to but do it anyway |
| 3. Get angry and shout | 4.Walk away |
| 5.Talk to an adult you trust | 6.Call or message a helpline |
| 7.Explain the reasons why you don’t want to smoke or vape | 8.Dare someone else to do it |
| 9. Other ideas | 10.Other ideas |