

Using ASK

A

Ask questions

Ask questions so you know what you're getting into. The answers will help you determine if the situation could lead to trouble. Examples of questions include:

- Is it against the law, school rules, or the teachings of my religion?
- Is it harmful to me or to others?
- Would it disappoint my family or other important adults?
- Would I be sorry afterward?
- Would I be upset or hurt if someone did this to me?

S

Stand up for yourself

If any of the answers to these questions are "Yes," then you should say "No" to any pressure to participate in that activity.

K

Know your positive options

Know some positive activities and suggest doing one. If the person still wants to do the negative activity, leave. He or she might want to join you later.