

SayWhen you've had enough

Note: Cut out and fold in half
for easy storage in your wallet



Knock It Back

- 1 Say what you mean. If you don't feel like another drink, it's ok to say that.
- 2 Don't be afraid to use the word "No".
- 3 Be polite but firm. Make direct eye contact and use a serious facial expression.
- 4 Repeat yourself if you need to.
- 5 Change the subject if you have to. Switch the focus to the other person.
- 6 Try asking for a non-alcoholic drink instead.
- 7 Ask a friend to back you up.
- 8 Get out of the situation if it gets too hard.

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