

Exit Strategies for Peer Pressure Vaping

Refusal Skill

A strategy that can help you say no to something you don't want to do.

- Simply say "no" in your own way.
- Give a reason why you don't want to use.
- Add some humor.

yo got a new vape
wanna hit

bro no thats nasty
vaping is so bad for you

lets go hoop instead

Exit Strategy

A thoughtful way to get out of an uncomfortable situation.

- Suggest something else to do.
- Make an excuse to leave.
- Avoid hanging out with smokers and vapers in the first place.



Scan QR code or visit
www.beaverton.k12.or.us/vaping-awareness
for vaping awareness resources.



Need help to quit? Ask your counselor to be referred to your School Substance Use Specialist.