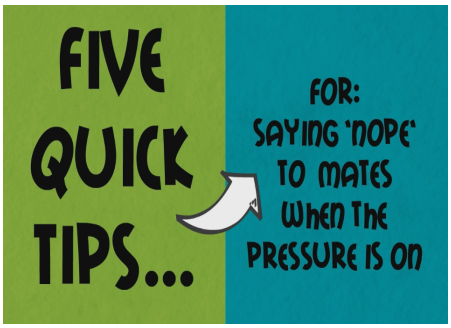
Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

How To Say No Without Losing Face



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Cannabis, Drugs (General)

Tags: Assertiveness training, Resilience, Problem solving skills, Peer pressure

Links to National Curriculum:
ACPPS072 (Yr 7–8), ACPPS073 (Yr 7–8), ACPPS074 (Yr 7–8), ACPPS090 (Yr 9–10), ACPPS091 (Yr 9–10), ACPPS092 (Yr 9–10)

Origin: Australian

Cost:
Free

Available

This video is available on Vimeo

Watch 'How to Say No Without Losing Face'

Developers

National Cannabis Prevention and Information Centre (NCPIC).

Summary

Video length: 2 minutes, 10 seconds.

This video is developed to provide young people with strategies for resisting perceived pressure from friends to use cannabis. The cartoon-style short video outlines five tips for handling difficult situations relating to drug use. In each scenario, characters demonstrate a number of resistance skills, including:

- Being assertive in saying 'no';
- Being honest about your reason for not wanting to participate;
- Suggest doing something else;
- Being ‘a broken record’ and repeating your position;
- Make a quick exit if they do not listen.

Expected Benefits

- Knowledge of ways to handle difficult situations relating to drug use.

Evidence Base

Expert Review*:

Developed by the National Cannabis Prevention and Information Centre (NCPIC), How to Say No Without Losing Face is a short video that provides guidance for young people on effective communicative strategies and assertiveness. The video presents a number of plausible and evidence-informed “face-saving” options for refusing offers to use cannabis in common peer situations. Although the content focuses on cannabis, the strategies are applicable to making assertive choices about alcohol and other drug use more broadly. The video features engaging animation and conveys information in a relatable, non-sensationalist way. The video is particularly relevant to Australian curriculum items that address assertive decision making.

* Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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