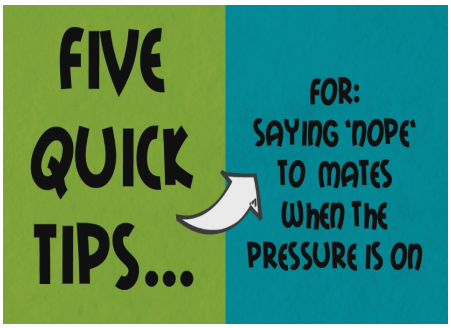
Video

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, Peer pressure, Problem solving skills

Origin: Australian

Cost:
Free

Available

This video is available on Vimeo

Watch 'How to Say No Without Losing Face'

Summary

Video length: 2:10

It's normal to be worried about finding it hard to say no to your mates – especially when they really want to do something that you don't want to do. This short animation goes through some ideas for how you can say no to your friends without losing face.

Developers

National Cannabis Prevention and Information Centre (NCPIC).

© 2026 Positive Choices | Built by Netfront