

Skill Development: Interpersonal Communication

What Would You Say?

Instructions: Imagine yourself in the following situations and read what your friend or partner is saying. Then respond to your friend or partner in the situation and show effective communication and refusal skills.

1. Imagine a friend is pressuring you for not vaping. Come up with responses to your friend's comments.

Comment	What Would You Say?
<i>You won't get addicted if you only do it once in a while. Relax!</i>	Response:
<i>It's really no big deal. Way better than nasty cigarettes!</i>	Response:

2. Imagine your partner is pressuring you for not vaping. Come up with responses to your partner's comments.

Comment	What Would You Say?
<i>Would I want you to do something that might hurt you? You know me better than that!</i>	Response:
<i>Well, don't get all judgy on me! If you don't want to, you certainly don't have to.</i>	Response:
<i>It's no big deal if you don't want to. I just thought it would be something fun we could try together.</i>	Response: