

How to say 'no' to weed without losing face

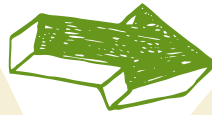
NO. These two little letters can be amazingly hard to say sometimes! And when it comes to things like weed – where you can feel left out, boring or like a goody-goody if you don't give it a try – sometimes saying no can feel impossible even if you really want to.

Lucky for you, saying no isn't impossible, so if you don't want to try weed, you don't have to. If you're having trouble with deciding whether to try weed or not, check out our decision-making infographic here.

If you've already decided it's not for you, have a look at some possible options below for how to say no without losing face.

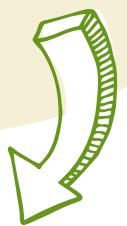
N-O: sometimes it is that easy

Give some of these a try!

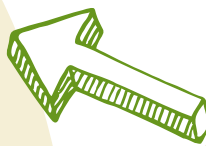


If this doesn't work try these ideas

Say why not



Be friendly but firm



Do something else



If they're still pressuring you - just make an excuse and leave!