



Too Afraid to Say No? Don't Let Peer Pressure Make You Vape!

Many teenagers first exposure to vaping stems from peer pressure. Refusing a vape can feel like risking being accepted by others-especially when the offer comes from a friend, everyone else is participating, or the fear of being judged by your refusal. By saying no to vaping, you inspire others to do the same!

[Here are some ways to stand up to peer pressure:](#)

1. Rehearse ways to say no

Try saying:

“No, I don’t do that.”

“I’m okay, thanks.”

“I play sports I don’t want to mess with my lungs.”

“My parents would be disappointed.”

2. Walk away from the situation

- a. If peers or friends keep pressuring you, it is okay to remove yourself from the situation without saying anything
- b. Say you need to go somewhere
 - i. “I have to get to class.”
 - ii. “I’ve got practice soon”

3. Evaluate Friendships

- a. Choose friends who respect your decision not to vape
- b. Healthy friendships don’t pressure you into doing things you’re not comfortable with
- c. Spend time with people who accept you for who you are

4. Talk to a trusted adult

- a. If peer pressure is becoming a reoccurring issue, a parent, teacher, or coach can help
 - i. They can give advice
 - ii. Provide support
 - iii. Help solve the problem

ITAC’s mission is to *prevent* youth substance use by *empowering* our community with conversations, education, and access to *support*.