



RIGHT DECISIONS

**BE
NICOTINE
FREE**

RIGHT NOW

Your friends should not make your decisions - you should.

BE NICOTINE FREE

www.rightdecisionsrightnow.com



**If you Smoke or Use
Nicotine Products...**

Your health is at risk.

HOW TO SAY "NO"

Walk away | Change the subject | Suggest something else
Add some humor | Reverse the pressure | Talk about the
consequences | Give them a reason or explain why you said "no"