

# Activity 3b:

## Avoid-Refuse-Exit Practice

**Directions:** Fill in the “You” lines, using refusal skills, exit strategies, or a combination of both to avoid smoking the e-cigarette.

**Scenario 1:** You are at a party with some friends when a person you’ve had a crush on for a long time comes over and starts talking with you. The two of you are having a lot of fun joking around when they pull out an e-cigarette. You don’t want to vape but you also really like this person.

**Your Friend:** Here. Try it. It’s mango flavor.

You: \_\_\_\_\_

**Your Friend:** A few puffs aren’t a big deal. Just relax and trust me.

You: \_\_\_\_\_

**Your Friend:** All my friends vape. I’ll show you how.

You: \_\_\_\_\_

**Scenario 2:** You are on the bus ride home when you hear some friends behind you laughing. You see that someone brought an e-cigarette and a few people are trying it. You don’t want to vape but you also don’t want to feel left out.

**Your Friend:** We’re all trying Taylor’s vape. You in?

You: \_\_\_\_\_

**Your Friend:** One puff isn’t going to kill you. Just try it.

You: \_\_\_\_\_

**Your Friend:** Why are you making such a big deal about this? Everyone is doing it.

You: \_\_\_\_\_