Y & Share

If you're ever confronted by someone who wants you to take drugs there are many things you can say. However, learning the basic strategies of the 4 x 4 and sharing them with others will help.

Below is a list of suggestions you may like to try sharing or practicing with a friend. Or alternatively, you may even like to come up with some of your own, or just continue sharing the ones that have served you well in the past.

"Drugs?" You're crazy! I've still got a functioning head.
So go spread your infection, in some other direction,
I'd rather go swimming instead…

"Get stoned" What a great idea! And end up with my head in a toilet bowl.
Sorry, I'd rather be sunning, then constantly running,
from the "narks" and highway patrol…

Drugs & Booze? You've got to be kidding! I'll stick to my cola and pop.
Your mighty kind hearted, but once I get started,
who knows, I mightn't never be able to stop…

Take drugs and ruin my life? Do you really think I'd be that dumb!
The fools who have tried it, are buried beside it,
so keep it, I'd rather suck on my thumb…

Buy Drugs that you're selling? I'm not going to waste my dough!
So go find some other rabbit – to finance your habit,
cause all I will tell you, is NO…

Get High; your brains must be in your pocket! And you've sent all your marbles to space. If you think for one minute, that I'd dive run right on in it, just by the blank stare on my face…

Do Drugs? You're joking! I'm saving my body for sports.
My parents would kill me, so you keep it, don't bill me,
I've heard all the latest reports…

The No-Way Campaign

The No-Way Campaign is a leading drug and alcohol prevention, and early intervention program that encourages and empowers young people to make healthy, positive, lifestyle choices, to remain drug free.

The No-Way Campaign believes that by educating our youth about the real dangers and consequences associated with illicit drugs and alcohol; it will allow young people to make good, informed choices on this very important issue. This in turn will lead to a happy, but more importantly, safe and bright future without having the need to indulge in drugs.

OUR COMMITMENT

COMMUNITY SATISFACTION

The highest priority is given to encouraging and understanding the needs of all who participate.

ETHICS

We will promote sound, caring and honourable ethics in the conduct of all our affairs.

CONTINUOUS IMPROVEMENT

Individually, in teams and as an organisation, we are committed to ongoing improvement.

OUR MAJOR GOAL

We are committed to educating our youth about the dangers and consequences of mind altering substances.

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The No-Way Campaign

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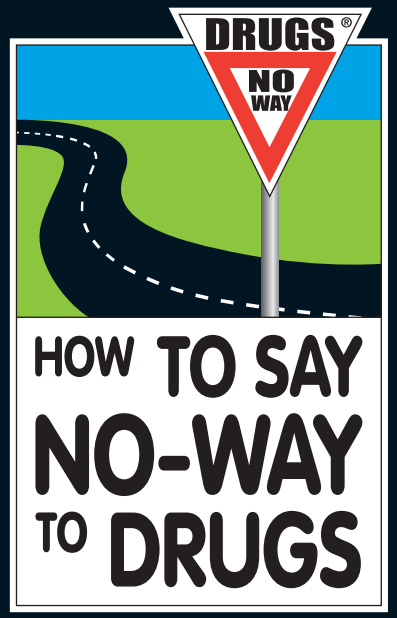

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BE sure

Saying no-way to drugs and to your friends can be difficult at times. You might be afraid of what your friends will think of you if you don't join in.

Or you may even have concerns that if you don't join in, somehow you just won't fit in. But like all decisions in life, it's up to you to find out the facts and make an informed choice, not just follow the crowd.

BE CONFIDENT

Let your position be known and be confident when doing so. Never leave any room for misunderstanding on the choice you have made and be proud in announcing it.

You need to decide what's important to you and stay true to your core beliefs, whilst all the time valuing the importance of being in control of the choices and decisions you make.

BACK IT UP

Explain your reasons for not drinking or using illicit drugs and why it's so important for you to stand by that decision. For example say, "No thanks, it would upset and sadden my parents terribly, and I'm not going to do that to them."

Share some examples that you know of where illicit drugs or alcohol have destroyed someone's life. Knowing the facts about the dangers and consequences of drugs will arm you with the strongest ammunition of reply.

PLAN AHEAD

Be sure to plan your travels ahead of time by mapping out a course throughout most of your day. Having some direction and a path planned ahead in advance will avoid putting yourself in a situation you may not want to be.

When venturing out with friends or out alone, keep someone informed of your whereabouts. In the event that you find yourself in an unpleasant situation, you can then call on someone for assistance or a lift.

prepare

It's not always possible to predict when you might face the temptation to drink or use drugs, that's why it's extremely important to prepare in advance.

Not everyone who uses drugs planned to – some were simply unprepared when they were asked to join in. If you are asked to participate by friends, suggest doing other things with them instead.

CHANGE THE SUBJECT

By changing the subject others will realise that you are not interested if you switch the conversation to another topic. You can reply with, "No thanks, I don't do drugs. Let's go surfing instead."

In this way, you're sending out a strong message that you are not into using drugs and at the same time you're caring about them as friends.

HAVE OTHER CONVINCING ALTERNATIVES

Let the person know that you have very good reasons for not drinking or using illicit drugs. When the other alternatives you share are far more exciting and fun than taking drugs could ever be, you become very powerful and convincing indeed.

Once you truly believe in the things that bring the most joy into your life other than using drugs, you are well on the way to shielding yourself from the negative influences that may rob and steel your happiness.

READY MADE RESPONSES

No matter where you grow up or who your friends are, nearly all of you will be confronted at some time or another. Confronted to test the limits, take unhealthy risks, or do things you might seriously regret later.

Having well rehearsed responses to say no-way to drugs and taking the time out to practice them really helps though. Finding those exact words, at the right time when being enticed by friends will make your choice in saying "no-way" much easier.

BE aware

Being aware of what's going on around you, without being overly suspicious, can make all the difference in avoiding ending up in unfamiliar territory.

Sometimes, in many instances where unaware of which direction our life is actually going in, until we suddenly realise we've arrived at a place that's not where we intended to be at all.

AVOID UNHEALTHY SITUATIONS

If you know that the environment you were previously in was unhealthy and you found yourself in an uncomfortable position, make a point of avoiding it and go elsewhere instead.

It's not a wise decision to put yourself in a position knowing full well that there may be temptation around. Putting yourself in a situation like this will only add extra unnecessary pressure and make things more difficult for you.

ASSOCIATE WITH FRIENDS WHO DO NOT USE

If you find yourself often facing the pressure to drink or use drugs, you may need to find new friends. Someone who tries to convince you to use drugs or drink against your will is not a true friend.

Be aware of your friends' values, interests and beliefs. Many of us are attracted to people who are a lot like us, but where also attracted to opposites. Therefore, it's important to monitor if the qualities you posses reflect and mirror the values of your peers.

ACCEPT THE POSSIBILITY OF REJECTION

Be aware and accept the possibility of rejection no matter what approach you take. Some may be offended by your refusal to participate and yes it can be difficult, particularly if a long standing friendship may come to an end.

But true friends want what's best for each other and that includes giving each other the freedom and respect to make our own decisions. Show yourself the respect you truly deserve and take responsibility for the life you wish to live.