



How to deal with Peer Pressure

Student Name _____

Parents - Discuss and list some of the ways you dealt with negative peer pressure as a teenager and adult.

1. _____

2. _____

3. _____

How can we be a positive influence on our friends and others?

List some resistance techniques.

1. _____

2. _____

3. _____

4. _____

Write down some qualities you look for when choosing a friend

1. _____

2. _____

3. _____

Parent signature _____

Peer pressure is when friends or peers attempt to influence how you think or act. Everyday we make decisions, possibly too many to keep track of. Peer pressure can affect our decisions and make them slightly more difficult. How you deal with peer pressure is up to you. Only you are in the driver's seat of your life.

The Consequences of Peer Pressure:

Negative peer pressure is when your friends persuade you to do something that maybe you don't really want to do, or is not in your best interest. This could include:

- *Taking drugs**
- *Drinking alcohol**
- *Shoplifting**
- *Ditching school**
- *Engaging in sexual activities**
- *Destroying property**

These things have severe consequences including getting addicted to drugs or alcohol, damaging your body and possibly even resulting in death. Negative peer pressure can get you into trouble with your parents, at school or even with the law.

Positive peer pressure is when friends influence you to do good things, such as getting involved in school activities, or doing things to help you reach your goals. Sometimes positive peer pressure is when you don't quite have the courage to do something and your friends give you the extra push or self-esteem to follow through with it. This type of peer pressure can lead to great things like new found talents, good grades, new friends and a positive attitude.

~9 ways to say "NO" to Drugs and other dangerous situations

- 1. Say "NO THANKS" – The easiest and politest response**
- 2. Give a Reason, Fact or Excuse – Always have an excuse ready. For example I have homework to do; I have to go to baseball practice, I have a doctor's appointment**
- 3. Walk Away – Look the person in the eye say no and then walk away**
- 4. Change the Subject – Suggest a positive alternative instead.**
- 5. Use Humor – Remember you can make fun of yourself not the other person**
- 6. Repeated Refusal – You may have to say no more than just once. Stand firm**
- 7. Cold Shoulder or Ignore – This works best if someone is teasing you**
- 8. Avoid the Situation – Stay away from risky or dangerous situations**
- 9. Strength in numbers – Choose your friends wisely**