

## How can you resist peer pressure???

First of all, you are less likely to give in to peer pressure if you have a strong, positive self-image. You also are less likely to be faced with peer pressure if you choose your friends wisely.

What does this mean?

Strategies:

- 1: Ask yourself, “What is the motivation behind this person pressuring me? Do they have good intentions for me, or are they trying to get me to do something that I know is wrong?” Most people who try to persuade you into doing something you know is wrong want you to do so to justify why they are doing it, so they won’t be the only one, or so they won’t get into trouble alone. They won’t feel so bad about what they are doing if they can get you to do it to.
2. Ask yourself if you are going to be able to live with the consequences of your actions. Think long and hard about what the outcome will be and listen to your conscience.
3. Ask yourself, “Would I do this if \_\_\_\_\_ knew about it? How would they feel or react when and if they find out about it?”  
(someone you respect and love)
4. Ask yourself, “Will I be proud of myself for going along with this? Is this something I would be happy to talk about with people I love and respect?”
5. Use the broken record technique. And remember it’s not just about saying “No” it’s how you say it. Say it with conviction, like you mean it! Not with a giggle or uncertainty. People will know that you may be able to be swayed!

6. Offer alternative suggestions. If someone is trying to get you to go to the mall to try to shoplift, tell them you would rather go have your nails done or play a sport, or you are too busy after school you have to run errands with your parent, etc...

7. Put it back on them. If someone is saying to you, "If you were my friend you would do \_\_\_\_\_!" You can reply by saying, "If you were my real friend you wouldn't try to make me do \_\_\_\_\_! You would respect my choices!"

8. If you are hanging out with kids who constantly try to pressure you, you must realize that these are not true friends. True friends accept and like you for who you are. Think about the people you hang out with. What feeling do you get when you think of them? Do you smile and think "I can't wait to see them we have so much fun together." Or do you dread facing them and feel anxious or nervous. People grow and change constantly and it is Ok to try to meet new people and seek new friendships, especially if the ones you have are toxic ones.

9. Ask an adult for help and guidance. Ask them not to judge you. Tell them you are faced with a situation that you need some help with and you need their help. People will not see you as weak for doing this, chances are they will be happy that you had the courage to ask for help in making a tough decision.

10. No one can make these decisions for you! You are in charge! If you are confronted with a situation where you need to make a decision and are having a hard time with it remember the SOLVE steps and try to work it out on paper:

S = state the problem

O = outline your options (choices)

L = list the options you like

V = visualize the outcome (What will happen if I choose...?)

E = Evaluate the results (Did I make the right decision? What should I do differently next time?)