



PEER PRESSURE

Are there people that want you to do things you're not comfortable with?

Are you having problems with your peers calling you names because you won't do something they want you to do?

If you are refusing to do something that you know is wrong, you are off to a good start.

However, giving into your peers always has its consequences.

Do they tell you to smoke? Skip school?

Hurt people's feelings?

Well now you can learn how to say NO!

**Here are some tips
that will help
you be confident
and proud of yourself!**



- ★ 1. Let your friends know straight forward that you do not want to do something! Just say no once and if they keep bugging you, just walk away. It's not worth your time! Try not to show that you're slowly giving in. Example: Your friend tells you to go steal a pack of gum from the local gas station. If you just keep saying no, he/she will eventually get annoyed and understand that you won't do it!
- ★ 2. Switch the subject or switch the plan. Example: If you are being asked to throw a snowball at a teacher, you could always say, "You know what!? I had the greatest time last night with you guys! We should all hang out again tonight at my house!" Changing a subject might make your friends forget doing what they wanted to do and move on to something better!
- ★ 3. Put humor into your reason. If you add humor, they might agree or just stop altogether. Example: Your friend offers you a cigarette, you could simply say, "I don't want to smell like an ashtray!! No thanks!" Then smile and walk away knowing you did the right thing!
- ★ 4. Use avoidance. If there are certain people that you feel are pressuring you, stop hanging out with them.
- ★ 5. Question your so-called *cool friends*. Don't believe people who say you will be "cool" or that girls/boys will start noticing you when you do drugs or smoke. This may be true to some extent, but it won't always attract positive attention. Be who you are, not who someone else wants you to be!
- ★ 6. At a dance or a party, stay with people you know and avoid going in to dark or private places, where people could be smoking or drinking. If someone asks you to do something you're uncomfortable with, say NO! Here are some good ways to do it. 1. Say no firmly! 2. Say no again, if you have to. 3. Ignore that person and talk to someone else.
- ★ 7. Have courage! Don't be a fool, just to be cool. You can be cool without skipping school! Being strong will get you much further than kids who are weak. School is an important part of your life!
- ★ 8. Always speak with confidence! Any signs of weakness and the person pressuring you will continue harassing you until they have won the battle!
- ★ 9. Be a leader not a follower!
- ★ 10. Hang out with close friends and know that if they are true friends, they won't pressure you into doing something wrong.

"Be who you are and become all you were meant to be!"

