

# Peer Pressure

***(When friends try to persuade you to do something against your will or encourage you to change so that you are more like them.)***

Friendships can last a lifetime. You turn to friends in times of trouble. You can talk to them about your problems and share happy times with them. Friends have a lot of influence over you because you really care about what they think. A good influence is positive peer pressure. But sometimes friends can push you into doing things you don't really want to do. This is negative peer pressure and is a bad influence.

It can be difficult to resist peer pressure because some people might not like it when you do not want to join in with what the group is doing. The difficult part is when your friends keep trying to persuade you to do something and you start to feel it is okay to do what they want.

## Here are some ways to say no:

**"Not today, maybe another time."**

**"I can't, my mom would kill me."**

**"I just don't feel like it."**

**"No thanks, I'm already in enough trouble with my Dad."**

**"No thanks, I don't want to."**

**"I made my decision and truly feel my decision is right."**

**"You know me – I don't do those things."**

**"Walk away so they don't keep trying to persuade you."**

Let's do some role play together. Each person is to make a little note of a negative peer situation. E.g.: wanting you to smoke a cigarette, offering you alcohol etc. These are going to be put into a hat and drawn at random. You will act out the situation and practice saying no ....

Afterwards....think about the following:

How did it feel to say no?

Did you handle the situation well?

Is there any way you could have done it better?

*Remember: It may feel awkward to say NO, but it is still the right thing to do.*

