

Resisting Negative Peer Pressure

Suggested Role-Plays

- 1.** Two of your friends plan to skip afternoon classes and go to the movies. They tell you to come along and not “wuss” out. Following the steps of the skill, show how you would resist their negative peer pressure.
- 2.** Two students from your math class, who didn’t do the homework assignment, tell you to give them your assignment sheet so they can copy your answers. Show how you would avoid giving in to their demand.
- 3.** A group of neighborhood kids you are with starts laughing at and mocking a child, whom you do not know, because he walks with a severe limp. Show how you would stand up to your neighborhood pals to stop the teasing.
- 4.** Junior is the class oddball who everyone makes fun of or ignores. There’s an unspoken rule that anyone caught hanging out with Junior is a loser and is to be socially shunned, too. You don’t like it when Junior gets left out, but you’re afraid of what others will think if you try to include him or be nice to him. Describe how you would overcome your fears and what you would do to break this mean social “rule.”

Resisting Negative Peer Pressure Think Sheet

Name _____ Date _____

List examples of negative peer pressure:

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What could you say or do that would help you deal with the situations of negative peer pressure you described above?

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Why is it important to know how to resist negative peer pressure?

How can the skill of **Resisting Negative Peer Pressure** help you at school?

How can the skill of **Resisting Negative Peer Pressure** help you outside of school?

Resisting Negative Peer Pressure

- 1. Look at the person.**
- 2. Use a calm, assertive voice tone.**
- 3. State clearly that you do not want to engage in the inappropriate activity.**
- 4. Suggest an alternative activity. Give a reason.**
- 5. If the person persists, continue to say "No."**
- 6. If the peer will not accept your "No" answer, ask him or her to leave or remove yourself from the situation.**