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**RESISTING NEGATIVE PEER PRESSURE** (A-20)

What is a Peer? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Peer pressure is **I\_\_\_\_\_\_\_\_\_\_\_\_\_\_** or pressure that people of a similar age place on a person to behave in a certain way. Peer pressure can have positive results. For example, friendly competition with classmates may encourage you to work harder to do well on your math test.

What are other words that means influence? **P\_\_\_\_\_\_\_\_\_\_\_\_, G\_\_\_\_\_\_\_\_\_\_\_\_, C\_\_\_\_\_\_\_\_\_.**

**Write down 2 examples of *POSITIVE PEER PRESSURE.***



Peer pressure can have **N\_\_\_\_\_\_\_\_\_\_\_\_\_\_** results, too. It might tempt you to make W**\_\_\_\_\_\_\_\_** decisions. For example, you might be pressured to engage in risk behaviors such as smoking or riding a bicycle without a helmet.

**Write down 2 examples of *NEGATIVE PEER PRESSURE.***



Peer pressure can be hard to resist. You may worry that people will laugh at you if you do not join in the risk behavior. You may think your friends will be angry. You may feel that you have no choice. You **DO** have a choice, though. You are responsible for the choices you make.

**RESISTANCE SKILLS**

**R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** are skills that help a person say **“\_\_\_\_\_”** to an action or leave a situation that is a risk behavior. The following steps demonstrate resistance skills for peer pressure.

1 – Say **“\_\_\_\_\_\_\_”** in a **\_\_\_\_\_\_\_\_\_\_\_** voice.

2 – Give a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for why you said, “NO”. You may need to repeat your no

several times.

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3 – Be certain your **B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or A\_\_\_\_\_\_\_\_\_\_** match your **W\_\_\_\_\_\_\_\_\_\_\_.**

Nonverbal behavior to match your verbal behavior. Avoid situations in which there will be

pressure to make wrong decisions. Resist pressure to engage in illegal behavior. Influence

others to make **R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** decisions.

4 – Ask a trusted **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for **\_\_\_\_\_\_\_\_\_\_\_\_\_.** If you need help.

Using resistance skills is NOT EASY. Some people may laugh at you or argue with you.

Practicing the skills can help. Work with a friend or parent.

**REMEMBER, YOUR DECISIONS REFLECT YOUR CHARACTER.**