

# HOW TO NOT SUCCUMB TO PEER PRESSURE

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## WHAT IF I GOT ASKED A QUESTION?

- ▶ There are many ways you can avoid doing what they want you to do
- ▶ Here is a question you may get asked;
- ▶ "Hey! You have to come to the party tonight! There's going to be beer and it'll be really fun!!"
- ▶ How do you avoid it? You want to say no but it's your best friend, or it's somebody that you've been wanting to impress
- ▶ The following slides will help you with your decision.

### "I'M NOT INTERESTED"

- ▶ So you couldn't say no, and you ended up going to the party.
- ▶ You're friend doesn't know that you didn't want to go to the party in the first place
- ▶ You'll have to be prepared for the "You got to try this! It's the best thing I've ever had" statement.
- ▶ You could say you're not interested, and hope that they won't ask again

### SAY "NO"

- ▶ If saying you're not interested didn't work, say "No"
- ▶ This is one of the best responses because you get the point across, clearly.
- ▶ Remember to stay firm when you say it, saying it firmly tells them you mean it and to never ask again

### MAKE A JOKE

- ▶ By turning their request into a joke, it tells them that you have no interest at all and that you won't listen to them
- ▶ "You seriously want me to drink that? Why would I get drunk and have a hangover?? Plus smell gross? Ha, not a chance"
- ▶ "You want me to smoke cigarettes? I don't want bad breath, smelly clothes and hair, plus yellow teeth? That's gross."

## CHANGE THE SUBJECT

- ▶ When you change the subject you get them to talk about something else and gives you more time to think how you're going to answer it if the question pops up again
- ▶ You could ask them a question like; "Hey there's a really funny movie and you should come with me to see it!"
- ▶ Or; "Have you tried the new flavor at the ice cream shop? I hear that it's their best one yet!"

## MAKE UP AN EXCUSE TO LEAVE

- ▶ Make something up that can get you away and fast
- ▶ Pretend that your phone is ringing and its your parents
- ▶ "Oh sorry my parents are calling me, I have to take this, see you later!"
- ▶ If it's later in the day, you could say that your parents want you home for supper and that you have to go
- ▶ All in all using parents as an excuse is a great way of getting out of any situation

## TURN THE ATTENTION TOWARDS THEM

- ▶ You could always say "Wow you smoke already? Why would you want to do that to yourself. Do you know how bad that is for you?"
- ▶ Turning the attention towards them makes them feel pressured and can relieve you of it
- ▶ And you might talk them out of what bad habits they are into



## WHO DO YOU HANG OUT WITH?

- ▶ The best way to avoid peer pressure is to hang out with the right people
- ▶ Be friends with people who have the same interests and values as you do
- ▶ Your real friends won't pressure you. If they pressure you to do something it's only helping them in some way and they don't respect you or your values

# AVOID THE SITUATION ALL TOGETHER

- ▶ Try to avoid parties without adult supervision, although it sounds fun you never know what could happen
- ▶ Avoid being with people that you don't know that well, especially if something goes wrong and you're in a secluded area

### AFTER THESE STEPS

- ▶ After you've followed these tips and steps try to get your confidence back up
- ▶ Confidence is key to gaining new friends
- ▶ Confidence will also give you a feeling of self worth