




Name: _____

Sometimes it's great to have friends talk you into things—like joining the soccer team, building a model spaceship, or trying a new food. But sometimes it's not so great—like when they try to talk you into doing something you know you shouldn't. This is called "negative peer pressure," and it can be very hard to resist. Like any other skill, resisting negative peer pressure takes practice. And that's just what you're going to do!

With an adult family member, think of some negative peer-pressure situations. Then practice using Assertiveness Skills to resist.

What is a situation(s) when I might feel pressured by my friends to do something I know I shouldn't?



Assertiveness Skills

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

How does negative peer pressure make me feel? _____

When I feel pressured to do something I don't want do, I can say: _____

Now use the Assertiveness Skills to practice assertively saying this statement out loud with your adult.

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)