

Name _____

Mastering the Art of Saying 'No' to Peer Pressure

Short Answer

1. How can surrounding yourself with like-minded friends help in resisting peer pressure?
2. Explain why practicing role-playing with a trusted friend or family member is beneficial when preparing to say "no" to peer pressure.
3. When should you seek support from adults when dealing with peer pressure, and why is their support valuable?
4. Share a personal experience or example of how you used assertive communication to say "no" to peer pressure.
5. What should you do if someone continues to pressure you even after you've said "no"?

