

Name _____

Mastering the Art of Saying 'No' to Peer Pressure

Short Answer Key

1. Surrounding yourself with like-minded friends can help in resisting peer pressure because they will support your decisions, making it easier to stay true to your values and beliefs.
2. Practicing role-playing with a trusted friend or family member is beneficial because it allows you to rehearse assertive responses and build confidence in your ability to say "no" effectively.
3. You should seek support from adults when dealing with peer pressure if you feel overwhelmed or if the situation becomes too difficult to handle on your own. Their support is valuable because they can offer guidance, advice, and a different perspective.
4. [Student's personal response]
5. If someone continues to pressure you even after you've said "no," it may be a sign that they don't have your best interests at heart. In such cases, it's important to prioritize your well-being and consider whether the friendship is healthy.

