

Name _____

Speak Up with Confidence: Building Assertiveness Skills to Resist Peer Pressure

Open-Ended Response Questions

1. Share a personal experience or hypothetical scenario where building assertiveness skills helped you or someone you know resist negative peer pressure. Describe the situation, the assertive response, and the outcome.
2. Discuss the potential long-term benefits of developing assertiveness skills, both in resisting peer pressure and in other aspects of life.
3. Reflect on the role of trusted adults in supporting young individuals in building assertiveness skills and resisting negative peer pressure.
4. Imagine a scenario where a friend is struggling to practice assertiveness when faced with negative peer pressure. Offer advice on how you would help them develop these skills.

