

Name _____

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

Open-Ended Response Answer Key

1. [Student's personal response]
2. Developing assertiveness skills can lead to increased self-confidence, better decision-making, improved communication in relationships, and a greater ability to stand up for one's beliefs and values.
3. Trusted adults can provide guidance, role modeling, and support in building assertiveness skills and resisting negative peer pressure. They can offer advice, practice scenarios, and create a safe space for communication.
4. [Student's advice to help a friend struggling to practice assertiveness when faced with negative peer pressure]

