

Name _____

Navigating Life's Challenges: Conflict Resolution and Peer Pressure Mastery

Short Answer Key

1. The purpose of using "I" statements is to focus on your feelings without blaming others, making it easier to express your emotions during a conflict. For example, instead of saying, "You always ignore me," you can say, "I feel hurt when I'm not included."
2. Choosing friends who respect your values and decisions is crucial because they will support you and not pressure you into doing things you're uncomfortable with. True friends have your best interests at heart.
3. Practicing assertiveness helps you confidently express your needs and boundaries while standing up for your values. This assertive behavior makes it easier to resist negative peer pressure because you can confidently say "no" when faced with decisions that go against your principles.
4. In such a situation, it's essential to assertively decline participation and express your discomfort. You can say something like, "I appreciate the offer, but I don't feel comfortable with this. I'll pass."
5. Seeking support from trusted adults is crucial because they can provide guidance, advice, and a different perspective on the situation. They can help you navigate challenges, make informed decisions, and offer emotional support when needed. Trusted adults have more life experience and can be valuable resources in challenging times.

