

Name _____

Standing Strong: Strategies for Resisting Peer Pressure to Drink

Multiple Choice Questions

1. What is peer pressure?
 - a) A type of soda
 - b) When friends try to influence your decisions
 - c) A type of school assignment
 - d) A form of transportation

2. What does it mean to be assertive in resisting peer pressure?
 - a) To give in to pressure easily
 - b) To express your thoughts and decisions confidently and respectfully
 - c) To be aggressive and confrontational
 - d) To hide your true feelings and opinions

3. Why is it essential to plan ahead for resisting peer pressure?
 - a) Because planning makes you popular
 - b) Because it helps you make decisions on the spot
 - c) Because it gives you time to think about how to respond
 - d) Because it guarantees that you won't face peer pressure

4. What does using "I" statements mean in resisting peer pressure?
 - a) Talking only about yourself without considering others
 - b) Making demands on others
 - c) Expressing your feelings and decisions from your perspective
 - d) Avoiding any direct communication

5. Why is seeking support important in resisting peer pressure?
 - a) Because it's essential to have an audience when making decisions
 - b) Because it guarantees that you won't face peer pressure
 - c) Because friends and family can offer guidance and encouragement
 - d) Because it makes you look weak and incapable

