Name _____

Standing Strong: Strategies for Resisting Peer Pressure to Drink

Short Answer

1. What is the first step in resisting peer pressure, and why is it important?

2. How can practicing assertiveness help you in situations where peer pressure is present?

3. Why is planning ahead a valuable strategy for resisting peer pressure, and what can you consider during this planning?

4. Explain the significance of using "I" statements when expressing your decisions in the face of peer pressure.

5. How can seeking support from friends and family be beneficial when dealing with peer pressure?

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