

Name \_\_\_\_\_

## Standing Strong: Strategies for Resisting Peer Pressure to Drink

### Short Answer Key

1. The first step is to know your values. It's important because understanding your values and principles helps you make decisions that align with your identity and beliefs.
2. Practicing assertiveness allows you to confidently express your thoughts and decisions while respecting others. In situations with peer pressure, it helps you firmly and respectfully decline offers or stand up for your choices.
3. Planning ahead is valuable because it gives you time to think about how to respond when faced with peer pressure. During planning, you can consider possible scenarios, practice assertive responses, and visualize yourself confidently refusing offers.
4. Using "I" statements is significant because it makes it clear that you are expressing your feelings and decisions from your perspective. It helps assertively communicate your choices without sounding judgmental or confrontational.
5. Seeking support from friends and family can be beneficial because they can offer guidance, encouragement, and a sense of belonging. They can reinforce your decisions, provide advice, and stand by your side when facing peer pressure, making it easier to resist.

