

Name _____

Standing Strong: Strategies for Resisting Peer Pressure to Drink

Open-Ended Response Answer Key

1. In a real-life situation at a party, friends might offer me a drink, and I could apply the "know your values" strategy. I'd remind myself that I value my health and want to avoid underage drinking consequences. With this understanding, I'd confidently decline by saying, "No, thanks, I don't drink because I value my health and want to stay out of trouble."
2. Knowing your values plays a crucial role in making independent choices and resisting peer pressure because it provides a strong foundation for decision-making. When you have a clear understanding of your values, you can align your choices with what's important to you, even in the face of pressure. It acts as a compass guiding you toward decisions that reflect your identity and beliefs.
3. (Personal response)
4. Making independent choices is essential because it allows individuals to stay true to themselves and their values. When facing peer pressure, choosing to follow their own path can lead to personal growth and increased confidence. It shows that they have the courage to make decisions based on their beliefs, which can boost self-esteem and reinforce their sense of identity. Over time, this can lead to increased confidence in making choices aligned with their values.

