

Name \_\_\_\_\_

## Peer Pressure and the Power to Say No: Resisting Substance Abuse Together

### Multiple Choice Questions

1. What is peer pressure?
  - a) The pressure to excel academically
  - b) The influence that peers can have on an individual's choices and behavior
  - c) The pressure to make new friends
  - d) The influence of teachers on students
  
2. Why might young people be tempted to try substances due to peer pressure?
  - a) They want to develop strong self-esteem
  - b) They are naturally resistant to peer influence
  - c) They want to fit in or see what it feels like
  - d) They enjoy being rejected by friends
  
3. How can building self-esteem help in resisting peer pressure?
  - a) It makes individuals seek validation through substance use
  - b) It has no impact on resisting peer pressure
  - c) It makes it easier to resist negative peer pressure
  - d) It encourages risky behaviors
  
4. What is assertive communication, and why is it important in resisting peer pressure?
  - a) It is the ability to speak quietly and passively
  - b) It is the ability to express thoughts and feelings without saying "no"
  - c) It is the ability to express thoughts and feelings without feeling guilty, and it is important because it helps individuals say "no" to peer pressure confidently.
  - d) It is the ability to agree with everything others say
  
5. Why is choosing friends who share similar values important in resisting peer pressure?
  - a) It has no impact on resisting peer pressure
  - b) It helps individuals seek validation through substance use
  - c) Friends with different values are more fun to be around
  - d) It can provide support and reinforcement for staying substance-free

