

Name _____

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

Short Answer Key

1. Possible answers include curiosity, desire for acceptance, fear of rejection, and social norms among peers.
2. Assertive communication helps individuals express their thoughts and feelings confidently, making it easier to say "no" to peer pressure without feeling guilty.
3. Having a plan for dealing with peer pressure situations prepares individuals to respond assertively and confidently, reducing the likelihood of succumbing to pressure.
4. Trusted adults can provide guidance, support, and a safe space for young people to discuss their experiences and concerns related to peer pressure.
5. Building self-esteem can empower individuals to value themselves and their choices, making them less likely to seek validation through substance use.

