

Name _____

Self-Confidence: Your Shield Against Peer Pressure

Short Answer Key

1. Example: Self-confidence can help you resist peer pressure by allowing you to confidently say "no" when your friends want you to do something against your values, like skipping school.
2. Understanding your values can contribute to self-confidence by providing a clear foundation for making decisions that align with your beliefs and principles.
3. Embracing mistakes is important because it teaches resilience and that it's okay to make errors as long as you learn from them.
4. Setting boundaries with friends involves letting them know what you are comfortable with and what you are not willing to do. This helps protect you from negative peer pressure by making your limits clear.
5. Seek support from trusted adults like parents, teachers, or counselors. Their support is valuable because they can provide guidance, advice, and reassurance.

