



Name: \_\_\_\_\_

What happens when a friend tries to talk you into doing something that is not safe or respectful? This is called negative peer pressure.

Persuasive friends who try to talk you into doing something that you know you shouldn't do can be hard to resist. Like any other skill, resisting negative peer pressure takes practise. And that's just what you're going to do!

With an adult family member, think of some negative peer-pressure situations. Then practise using assertiveness skills to resist them.

What is a situation(s) when I might feel pressured by my friends to do something I know I shouldn't?

\_\_\_\_\_  
\_\_\_\_\_

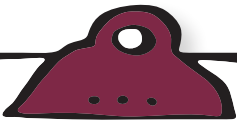
How does negative peer pressure make me feel? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

When I feel pressured to do something I don't want to do, I can say: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Now practise using the assertiveness skills to say this statement assertively out loud with your adult.



**Assertiveness Skills**

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

This homework assignment was completed on \_\_\_\_\_ | \_\_\_\_\_

(DATE) (ADULT SIGNATURE)