

Peer Pressure and Refusal Skills

Your friends can apply positive or negative peer pressure. Write a paragraph describing how your friends might influence the way you feel and act.

Peer Pressure –

2 Types of Peer Pressure –

- _____ = positive consequences
- _____ = negative consequences

Harassment –
Manipulation –

Common Methods of Manipulation

- _____ or _____ another person in a mean or hurtful ways
- Using “_____” to get desired results
- _____ - offering to make a deal to get what one wants
- Using flattery or praise to influence another person
- _____
- _____
- _____

Common Ways to Resist Peer Pressure

- Stand your ground by stating your values and beliefs
- _____
- Decide whether the source of pressure is yourself or others
- _____
- _____