

Peer Pressure Strategies

1. Stand up straight, make eye contact and say no

Assert yourself with physical confidence by standing tall with feet slightly apart, head high, and look the person straight in the eye. Your posture is usually more important than the words you say.

2. Say no assertively – not aggressively

Say no to the person using a friendly but firm and determined voice and then do not give in. It is not your job to try changing the other person's mind, but to keep yourself out of trouble and follow your beliefs. If you are too aggressive the other person may react aggressively too.

3. Say no, keep repeating this

Sometimes it helps to repeat your decision several times like a broken record: "No, it's not right," "No, it's not right." It makes you sound assertive and helps you not back down from your stand.

4. Say how you feel

Say how you are being made to feel in the situation. I feel uncomfortable, sad, worried, upset etc.

5. Give reasons why you don't want to do this

Thinking about the possible consequences of the choice helps you to strengthen your convictions not to go on with what you've been asked to do. Give the person your reason for saying no: "It's illegal" or "I'll be in trouble" or "I could get hurt".

6. Suggest something else to do

Suggest to your peer that they do something else instead.

7. Say goodbye and leave

Standing up to a friend isn't easy. You may face teasing, or rejection for your choice, but that's what courage is all about. Sometimes the best option is to walk away from the situation.
