

Peer Pressure and Refusal Skills

Your friends are trying to persuade you to go to a party, but you aren't sure because you don't know the person who's throwing the party.



What will you do?

Lesson Objectives

In this lesson, you'll learn to:

- **Demonstrate** refusal strategies and apply skills for making responsible decisions under pressure.
- **Classify** forms of communication such as passive, aggressive, or assertive.
- **Analyze** the relationship between the use of refusal skills and the avoidance of unsafe situations.

Peer Pressure

Peer Pressure

- Your peers can sometimes influence how you think, feel, and act.
- Peer pressure can have a positive or negative influence on your actions and behaviors.
- It is useful to learn to evaluate forms of peer pressure and develop healthful strategies for responding to it.

Peer Pressure

Positive Peer Pressure

- Peers can influence you in many positive ways.
- Positive peer pressure may involve not participating in risky behaviors or activities.
- You can also use positive peer pressure to influence others in healthful ways.
- You can be a role model by inspiring peers to take part in a positive act or a worthwhile cause.

Peer Pressure

Negative Peer Pressure

- Peers sometimes pressure others to take part in behaviors or accept beliefs that have negative consequences.
- Negative peer pressure can involve harassment, which includes name-calling, teasing, or bullying.
- Negative peer pressure may also lead some teens to engage in behaviors that go against their values.
- Manipulation is another way of exerting negative peer pressure on others.

Peer Pressure

Common Methods of Manipulation

- Mocking or teasing another person in mean or hurtful ways
- Using “guilt trips” to get desired results
- Bargaining—offering to make a deal to get what one wants
- Using flattery or praise to influence another person
- Bribing—promising money or favors if the person will do what is asked
- Making threats—promising violence or some other negative consequence if the person does not do what is asked
- Using blackmail—threatening to reveal some embarrassing or damaging information if the person does not do what is asked


Resisting Negative Peer Pressure

How to Resist Peer Pressure


- One way to resist negative peer pressure is to avoid it.
- Develop friendships with people who share your values and interests.
- Have friends who stand by you and support your decision.

Resisting Negative Peer Pressure

Things to Remember When Faced with Peer Pressure




It is important to remain firm and stay true to yourself.



Make decisions that have the best possible effect on your well-being.



Your health and safety come first.



Respect yourself, stand by your values, and be assertive in your refusal.

Resisting Negative Peer Pressure

Assertive Refusal

- Assertive communication is when you state your position and stand your ground while acknowledging the rights of others.
- This is the most effective approach when facing negative peer influences.

Resisting Negative Peer Pressure

Refusal Skills

Effective refusal skills involve a three-step process.

1. State your position. Give an honest reason for your response. Offering a legitimate reason will help strengthen your refusal.
2. Suggest alternatives. Your suggestion is most effective if it takes you away from the dangerous or unpleasant situation.
3. Stand your ground. Use strong body language and maintain eye contact.

Resisting Negative Peer Pressure

Body Language and Assertive Refusal

Reinforce the meaning of your words with appropriate body language.

Shaking your head is one way to communicate no.



Raising your hand in a "Stop" or "No way" signal tells others that you are not interested.



If the other person continues to pressure you, walk away from the situation.



Resisting Negative Peer Pressure

Passive and Aggressive Responses

**Passive
Responses**

The diagram features two ovals on the left. The top oval is yellow with a black rectangle containing the text 'Passive Responses'. The bottom oval is light green with the text 'Aggressive Responses'. A yellow arrow points from the 'Passive Responses' oval to a large black box on the right containing a bulleted list of consequences for passive behavior.

**Aggressive
Responses**

- To some people, a **passive** response to negative peer pressure seems more natural.
- Teens who respond passively to peer pressure may believe they are making friends by going along.
- Passive people may be viewed as pushovers who aren't worthy of respect.

Resisting Negative Peer Pressure

Assertive Communication

- Learning and practicing assertive communication is the most effective way to deal with peer pressure.
- Being assertive will help you resist negative peer pressure today, and it will also serve as a useful skill throughout your life.

