

Name _____ Period _____

Peer Pressure and Refusal Skills Review

What is the definition of peer pressure? the feeling that someone your age is pushing you to make a good or bad choice.

Spoken Pressure - Write the name and the definition

1. rejection - threatening to leave someone out or end a friendship.

2. put down - insulting or calling names to someone feel bad.

3. reasoning - giving reasons to do something or why it would be OK to do it.

Unspoken Pressure - Write the name and the definition

1. the huddle - a group stands together talking or laughing, maybe looking at something you can't see, with their backs to others.

2. the look - kids who think they're cool give a look that means: "We're cool, and you're not."

3. the example - popular kids simply buy or wear or do something, and because they set an example, others want to follow.

What are two reasons people give in to peer pressure?

Two reasons "peeps" give in to peer pressure are
the desire to fit in or be popular and wanting
to make others and themselves happy.

What are the five main refusal skills?

ASK Questions

Name The Trouble

Name the Consequences

Suggest Realistic Alternatives

Move on

What are the four goals of refusal skills?

1. Keep friends
2. Stay out of trouble
3. Have fun
4. Be in control

It is not what you say, but how you say it.