



# PEER PRESSURE

*Standing up Takes Courage*



Friends can have a positive influence on our lives. Friends can also pressure you into doing something you're uncomfortable with, such as shoplifting, drugs or drinking, taking risks, or having sex before you feel ready.

**Listen to your gut.** If you feel uncomfortable, even if your friends seem to be OK with what's going on, it means that something about the situation is wrong for you.

**Plan for possible pressure situations.** If you believe you may be offered alcohol or drugs, think ahead about how you'll handle it. Decide & even rehearse what you'll say and do. Learn a few tricks (ex: If you hold a drink like water or soda, you're less likely to be offered alcohol).

**Arrange a "bail-out" phrase you can use with your parents without your friends noticing.** Call home when you're feeling pressured & say "Can you come & drive me home? I'm feeling sick."

**Learn to feel comfortable saying "no".** If you feel you need an excuse, think up a few lines you can use like "No, thanks, I've got a game tomorrow" or "My uncle has cancer & I'm not smoking."

**Blame your parents:** "Are you kidding? If my mom found out, she'd kill me." If a situation seems dangerous, don't hesitate to get an adult's help.

**Hang out with people who feel the same way you do.** Choose friends who will stand up for you & do the same for your friends. If a voice tells you a situation's not right, chances are you're right. Having one person stand with you makes it easier for both people to resist

*Using alcohol or drugs increases the chances of giving in to peer pressure. It gets in the way of making good decisions.*



Do you need more help? Contact your local **Mental Health & Addiction Services Office.**

Kids Help Phone 1-800-668-6868  
Mental Health Crisis Line 1-888-737-4668  
NL Health Line 1-888-709-2929

