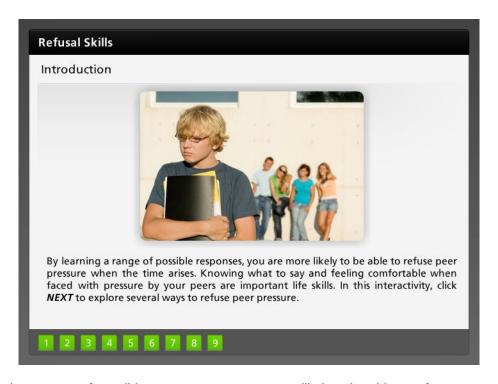
Introduction



By learning a range of possible responses, you are more likely to be able to refuse peer pressure when the time arises. Knowing what to say and feeling comfortable when faced with pressure by your peers are important life skills. In this interactivity, click **NEXT** to explore several ways to refuse peer pressure.



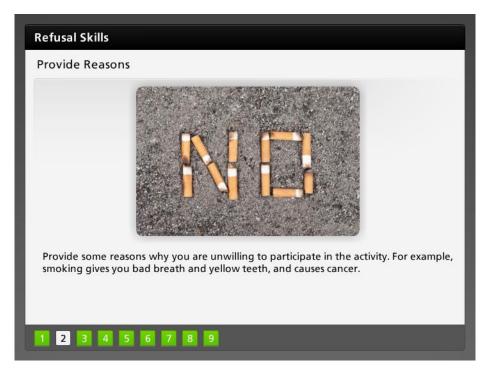
Firmly Say "No"



When pressured by your peers, simply and firmly say "no." You do not need to add anything else to your statement.



Provide Reasons



Provide some reasons why you are unwilling to participate in the activity. For example, smoking gives you bad breath and yellow teeth, and causes cancer.



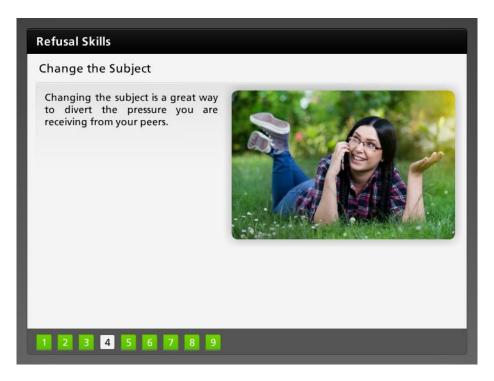
Leave the Situation



Sometimes it is best to avoid the situation entirely. Simply walk away and leave your friends before you put yourself in harm's way.



Change the Subject



Changing the subject is a great way to divert the pressure you are receiving from your peers.



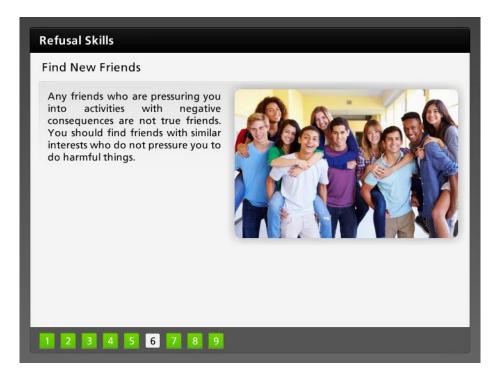
Suggest an Alternative Activity



Suggest an activity that does not have a negative consequence. Activities like going to the movies, shopping, or participating in a sport are great alternative activities.



Find New Friends



Any friends who are pressuring you into activities with negative consequences are not true friends. You should find friends with similar interests who do not pressure you to do harmful things.



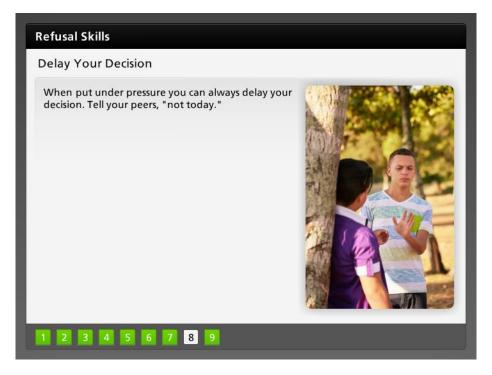
Question Your Peers



Sometimes it is best to question your peers. Ask them, "What are you thinking?" or "Why would I want to do that?"



Delay Your Decision



When put under pressure you can always delay your decision. Tell your peers, "not today."



Stand Firm



In some situations, it is best to stand firm. Make it clear to your peers that you will not engage in harmful activities.

