

PEER PRESSURE ADVICE

1. Nothing is wrong with you
2. Don't be afraid to stand up for your beliefs.
3. Get support.
4. Pray.
5. Evaluate your beliefs.
6. Think about what fun really is.
7. Hang in there.
8. Think about your relationship with your friends.

SAYING NO; Without Losing Your Friends

You can avoid peer pressure without turning off your friends by trying one of the following responses:

1. Just say no. Stick with your response
2. Leave. Walk away confidently Don't stay around. You'll just get into an argument
3. Ignore the suggestion. Either pretend you didn't hear your friend or start talking about something else
4. Make an excuse. Think of something else you could be doing
5. Change the subject. Pick a topic that interests your friend.
6. Make a joke. Humor lets you say no to the pressure without threatening your friend
7. Act shocked. Be surprised by what your friend asks you to do.
8. Tell your friend how special he or she is to you
9. Suggest a better idea. This will give you a way out,
10. Return the challenge. If your friend says. "If you were really my friend, you'd do it. You can say: If you were really my friend, you wouldn't ask me to do it. "