AGES 12–18 PRINTABLE WORKSHEET

Managing Peer Pressure



WHAT THIS IS

Peer pressure can be loud or quiet. Knowing your values and having your exit lines ready makes it easier to choose for yourself.

HOW TO USE IT

1. Name a pressure you may face.
2. Check it against your values.
3. Pick a line and an exit plan.

EXAMPLE

"They want me to skip class. My value: doing well. Line: 'Nah, I'm good.' Exit: text my mom."

Pressure I may face

What I value

Ways to say no

"Nah, I'm good." | "That's not my thing." | "I've got to be somewhere." | "I'm not into that." | Change the subject | Use humor | Walk away | Blame a parent

My exit plan

- [ ] Text a trusted person
- [ ] Call for a ride
- [ ] Go to a safe space
- [ ] Leave with a friend

Who has my back?

Before I decide, I ask myself:

- [ ] Is it safe?
- [ ] Is it respectful to me and others?
- [ ] Will I be okay with it tomorrow?
- [ ] Is it my choice?

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