

Avoiding Negative Peer Pressure

In order to avoid having to face negative peer pressure, you should:

- ★ make friends with those who share the same values as you, and who don't do things that you might question.
- ★ avoid uncertain places or situations.
- ★ make sure events are chaperoned and go with a friend or group.
- ★ think about what pressure you might encounter and how to respond to it.
- ★ introduce your peers to your parents.

If you are pressured to do something, give an excuse to get out of the situation or make a joke about it. Don't do things just because your friends are doing it, and stay true to your beliefs. Ask yourself, what will you be risking and what are the consequences?

Think twice, act once.

- Dawne Orange (Alex Orange's mom)

If negative peer pressure is still a problem seek help from a trusted adult and get advice from peers you trust. They may be better equipped with experiences to assist you in making wise decisions.

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