Ways to Handle Peer Pressure

Ideas of what your preteen can say:

- “No thanks.”
- “I don’t feel like it—do you have any soda?”
- “It’s (whatever is being suggested) NOT my thing.”
- “Are you talking to me? FORGET it.”
- “Why do you keep pressuring me when I’ve said NO?”
- “Back off!”
- “You can do what you want, but I’m not going to risk getting in trouble!”
- “I’m not into doing that (whatever is being suggested) right now.”
- “My parents would kill me.” If the other person says, “They’ll never find out,” one response is, “You don’t know my parents.”
- Be a broken record. Tell your preteen to keep saying no until the person pressuring them to use stops or until your preteen can use one of the other ways to say no, including giving one of the reasons above.
- Walk away or ignore the offer.
- Change the subject or suggest doing something else.
- “Let's do ___ instead” (this can also save a friend from doing something risky).
- Assert yourself. Learning to stick up for oneself is an essential life skill.

Other Suggestions: