



Dealing with Peer Pressure

Peer pressure and social standings can be brutal on children.

Take their friends— and the drama that goes along with them – seriously. Your child does. Be there for them. know who their friends are. Set guidelines and curfews*.

Try to ignore whomever is pressuring you.

Don't be afraid to speak your mind - tell people how you really feel.

Avoid and do not get involved with gangs

Hang out with people who don't pressure you

Call your family or a friend for help.

Always have a Plan B in case your first set of plans turns out to be not something you want to do.

When safe, stand up for yourself.

Walk and stay away if dangerous or questionable behavior is going on.

Don't try to change your friends. Respect their decisions and feelings and let them follow their conscience.

Tidbits of Advice for your kids. Repeat as needed.

If you don't want to do something, use parents as an excuse ("My parents want me home, I have chores, etc."). Worse case - call your family and use the established password.

*Experts say that children that are given a moderate and reasonable set of rules feel safer and happier.