**Six Strategies To Resist Negative Peer Pressure**

The acronym **ASSERT** helps kids and students to recall six ways they can stick up for their beliefs:

**A** – *Assert yourself with physical confidence.* Stand up for your beliefs and use a confident posture: stand tall with feet slightly apart, head high, and look the person straight in the eye. Emphasize that the posture he uses to deliver his lines is usually more important than the words he says.

**S** – *Say no firmly.* Once you decide not to do what is being asked, stress that you must say no to the person using a friendly but firm and determined voice and then not give in. Remind yourself that your job is not to try changing the other person's mind, but to keep yourself out of trouble and follow your beliefs.

**S** – *Say goodbye* and leave. Emphasize that standing up to a friend isn't easy. Stress that you may face intimidation, teasing, or rejection for your choice, but that's what courage is all about. Sometimes the best option is to walk away from the situation. Whenever you feel unsafe in a situation, phone your parents or another trust-worthy friend.

**E** – *Give a reasonable excuse.*  Give the peer an excuse: "I told Dad I'd be home," "I have homework," or "I promised my friend I'd come by." It is okay to use your parents as an excuse: "My mom will ground me for life if I did that!" Or say “It is not something I want to do”, “It is against my beliefs – I would rather go home now.”

**R** – *Repeat your decision.* It is sometimes helpful to repeat your decision several times like a broken record: "No, it's not right," "No, it's not right." It makes you sound assertive and helps you not back down from your stand.

**T** – *Tell reasons.* Thinking about the possible consequences of the choice helps strengthen your convictions not to proceed with what they're asked to do. So give the person the reason you are saying no: "It's illegal," "I'll be grounded," or "I could get hurt." Or “I could become pregnant or get AIDS.”

*The answers of the students will differ. They may discuss the topic in groups before each student type his/her answer. Proofread their answers for typing errors.*

*[20] Marks for accuracy and content.*