



Name _____



Peer Pressure Reflection

Directions: Fill in each blank with your own thoughts or words. Use complete sentences to show how you can handle peer pressure in positive, confident ways.

1. When I feel pressure from friends to do something wrong, I can

_____.

2. If someone laughs at me for saying no, I will

_____.

3. When I start to feel nervous about standing out, I can remind myself that

_____.

4. A good way to stay calm in a tough situation is to

_____.

5. If my friends try to convince me to join in on a bad idea, I can say

_____.

6. When I see someone else being pressured, I can

_____.

7. If I make a mistake and give in to pressure, I can

_____.

8. People who make positive choices usually feel

_____.

9. One thing that helps me resist pressure is

_____.

10. I want to be the kind of friend who

_____.