

PREVENTION CORNER

March 2021 | Vol.8

This issue of our Prevention Newsletter discusses peer pressure just in time for Spring Break. In our Prevention Talks video of the month, a Prevention Specialist explores the peer pressure refusal strategies you have at your disposal for different peer pressure situations. It is important to note that each person is different and what works for one person may not work for you. You need to review this list & choose a few that you are comfortable using. Practice with your family to gain confidence!

Parent Tip: Studies suggest that children are much more likely to transfer skills when they understand the reasons for using the skills. For the month of March, have youth practice making quick decisions and responding to the persuasion of others. Additionally, have children explain why they should say yes or no in each situation. The more practice a child has, the more prepared they will feel when facing peer pressure in their lives.

"You're braver than you believe, and stronger than you seem, and smarter than you think."

- A.A. Milne

Visit the Prevention Talks link which can be found in the location and contact info section on page two of the newsletter.



Practice!

- 1. A peer wants help cheating on a test because they didn't study for it. If you don't, they might not play in the next basketball game.**
- 2. You're at the store, wishing you had enough money for some candy. Your friend says, "Just take it! It's no big deal. The clerk isn't not even looking."**

Peer Pressure

Bonding with others fosters belonging and connectedness, which can lessen the impact of risk factors on behavior. Peer selection skills, including the ability to make and maintain positive friendships is an important protective factor. Youth surrounded with positive influences make better, less risky choices, and are more likely to reach their goals.

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PEER PRESSURE REFUSAL STRATEGIES

In our November issue of the Prevention Corner Newsletter, we talked about communication skills, including assertive speaking and active listening, and how you can use these skills to advocate for your needs, ask for help, and present yourself as a confident individual. Last month we discussed how those same skills can help you build healthy relationships. However, they can also help you avoid situations with peers that can get you into trouble. Who is a peer? A peer is someone who is similar in age, and can be a friend, neighbor, or classmate. When we talk about peer pressure, we are talking about someone close to your age who is trying to get you to do something. Giving into peer pressure gives the other person control over you and your decisions. You are responsible for your own decisions and the consequences of those decisions. Everyone has to face peer pressure, so it is important to learn how to deal with it. There are many strategies that you can use to refuse peer pressure.

These strategies will help you get out of different peer-pressure situations. Each strategy is different, and will help you in different situations. The Steer Clear strategy will help you avoid peer pressure before it starts by avoiding the situation all together. When you are already in a peer pressure situation, you can Say, "No" assertively, Walk Away to a safe place, Ignore the pressure, and use the Broken Record strategy by repeating the same thing over and over, like "I don't cheat." In other situations you can use the Better Idea Approach, which means you suggest something else to do. You can also Make an Excuse, Reverse the Pressure by asking "Why are you pressuring me?" or State the Facts by telling the person pressuring you about the possible consequences of that decision. Practicing the peer pressure refusal strategies and keeping friends who make healthy decisions will help you be more likely to stay on course toward reaching your goals!

Upcoming Events

Parenting Classes:

Active Parenting Teens: Begins April 29, 2021

*Classes are offered weekly for six consecutive weeks on Zoom.

The Active Parenting programs provide a unique opportunity for you to interact with our Prevention Specialists and other parents who often share similar experiences raising children today. Together, we learn additional skills and strategies to improve communication, build character and responsibility in each child, use positive discipline practices and minimize power struggles. Research based program materials, videos and group discussion offer an interactive and dynamic learning community.

LOCATION & CONTACT INFO



David Lawrence Centers for Behavioral Health | Prevention Services
2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013
Parenting Classes: <https://davidlawrencecenter.org/parentingprograms/>
Prevention Thursdays: <https://davidlawrencecenter.org/prevention-talks/>
Stand Up: <https://davidlawrencecenter.org/stand-up/>

