Peer Pressure Outline
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1. Influences on your decisions:
   a. Internal pressures –
   
   b. External pressures:
      •
      •
      •

2. Define peer pressure –

3. Peer pressure can be ….
   a. Positive – encouraging friends to _______________________.
      Example ____________________________
   
   b. Negative – Conflicts with your own _______________________.
      Example ____________________________

4. When confronted with negative peer pressure, ask yourself:
   a. What are the possible ___________________ of this activity?
   b. What are the _____________________ consequences?
   c. What are the _____________________ consequences?

5. Resisting Pressure
   a. Have ____________________________, which includes having:
      • A strong sense of your __________
      • Faith in your ______________________
      • High _____________________________
   
   b. Being assertive – making your own ___________________ and carrying them out with _________________________.
      • Don’t be ___________________ which means keeping your own opinions to ___________________ and giving in to the _________________________.
      • Assertiveness is not the same as _______________________.
         Aggressive people use _______________ and _______________ to get what they want.
      • An assertive person has good _____________________________.

Remember: If you have to go against your ___________________, the pressure is _______________________. Always follow your “gut feelings.”