

Peer Pressure Coping Skills

Name: _____

Date: _____

What are my core values and beliefs, and how can I stay true to them when faced with peer pressure?

How can I assertively say “no” to activities or behaviors that make me uncomfortable?

Who are the supportive people in my life that I can turn to when I feel pressured by my peers?

What strategies can I use to remove myself from situations where I feel pressured?