**This week I might try:**

***To handle peer pressure***

**I’ll try to remember that there are 7 ways to respond to peer pressure.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If I’m confronted peer pressure this week, I’ll try to:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| 1. **say “no”** |  |  |  |  |  |
| 1. **make an excuse and leave** |  |  |  |  |  |
| 1. **make my own decisions** |  |  |  |  |  |
| 1. **avoid people and situations I’m not comfortable with** |  |  |  |  |  |
| 1. **talk to my parents or a trusted friend** |  |  |  |  |  |
| 1. **think about the consequences of my actions** |  |  |  |  |  |
| 1. **get busy with something else** |  |  |  |  |  |