**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**
 |  |  |  |  |  |