

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Handle Peer Pressure.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. What is a “peer”; what is “peer pressure”?
2. Peer pressure can be POSITIVE if it gets you to do something worthwhile or it can be NEGATIVE if it gets you to do something you feel isn’t right
3. There are always consequences for our actions. Negative peer pressure can result in outcomes we didn’t expect or want
4. There are 7 Ways to Handle Peer Pressure:
5. Learn to say “no”
6. Make an excuse and leave
7. Make your own decisions
8. Avoid people and situations you’re not comfortable with
9. Talk to your parents and trusted friends
10. Think about possible consequences for your actions
11. Get busy with something else

**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**