

STEPS TO SAFETY

Peer Pressure

As your child gets older, acceptance into their peer groups is becoming more important. The desire to be accepted can sometimes lead them into situations where they are faced with difficult choices. Sometimes they can feel the pressure to make a decision that is not right for them. Finding courage to face their fears, confront something that is intimidating, or makes them feel unsafe or uncomfortable is an important skill for your child to develop. It is important for parents to know how peer pressure impacts their child's ability to make decisions that are not only right for them, but are the right thing to do. Children who know the strategies to withstand pressure from their peers or from others will be in a better position to make safer, smarter choices.

Helping Your Child Deal With Peer Pressure

Step 1

Help your child to understand that they have a right to be who they are and that their identity makes them unique. Children who are confident with their identity can more easily resist negative pressure from their peers.

Step 2

Help your child find their voice. Your child has the right to use their voice. Their voice means that they have a say, the right to be heard, and the right to voice their opinions. They have the right to let others know if something is not okay. Their voice has power.

Step 3

Help your child understand that they have a right to respect. Your child should be treated like they have importance and value by their peers. If they are not treated with respect, it is not the right peer group for your child.

Step 4

Help your child find their courage. Everyone has the courage inside of them to make safe choices, to stand up for themselves and others, and to treat others as they want to be treated.



Lame! Why are you inviting Franklin to your party?

