

SAY NO TO A FRIEND

PEER PRESSURE IS WHEN A FRIEND OR A GROUP OF FRIENDS TRY TO GET ME TO DO SOMETHING WRONG, ILLEGAL, OR HURTFUL. IT IS WHEN SOMEONE PUSHES ME INTO DOING SOMETHING I DON'T REALLY WANT TO DO. I WANT TO KEEP MY FRIEND(S), SO WHAT SHOULD I DO?

I SAY NO WHEN A FRIEND WANTS ME TO DO SOMETHING I DON'T WANT TO DO

- I USE A STRONG, CLEAR TONE OF VOICE AND SAY NO
- I DON'T SCREAM OR USE A LOUD VOICE VOLUME
- I RAISE MY VOICE VOLUME IF MY FRIEND(S) CONTINUES TO TRY TO GET ME TO DO WHATEVER IT IS I DON'T WANT TO DO
- I SAY NO EVEN IF MY FRIEND(S) DOES IT

I MAY FEEL UPSET, BUT I STAY STRONG AND DON'T DO IT

- I MAY BE SCARED THAT MY FRIEND WILL BE ANGRY IF I DON'T DO IT
- I MAY BE UPSET BECAUSE MY FRIEND DOES IT

I MAKE MY OWN GOOD DECISIONS

- IT IS THE FRIEND(S) BAD DECISION, NOT MINE
- I DON'T FOLLOW A BAD DECISION

EXAMPLES:

-MY FRIEND SAYS "LET'S PUSH DOWN THAT GUY OVER THERE, COME ON"

-I SAY "I DON'T WANT TO"

-MY FRIEND SAYS "PLEASE, COME ON, COME DO IT"

I SAY "I SAID NO, LET'S GO DO SOMETHING ELSE"

-MY TONE OF VOICE SHOULD BE CALM AND STRONG

-MY FRIEND MAY TRY TO TALK ME INTO IT ANYWAY

-MY FRIEND MAY SAY "COME ON DON'T BE A WIMP"

I SAY "NO, I DON'T REALLY WANT TO"

-MY FRIEND MAY STILL WANT TO DO IT

-MY FRIEND MAY SAY "I'M GOING TO TRY IT"

I SAY HOW I FEEL USING A CALM, STRONG VOICE

- "I STILL DON'T FEEL LIKE DOING IT"

- "IT'S NOT COOL"

- "I'M NOT GOING TO GO"

IF I USE A NICE, STRONG TONE OF VOICE, MY FRIEND MAY UNDERSTAND THAT I AM NOT GOING TO DO IT.

IF I START WALKING AWAY, MY FRIEND MAY AGREE TO DO SOMETHING ELSE

REMEMBER: IT IS MY JOB TO MAKE GOOD DECISIONS FOR MYSELF!

**(SOCIAL RULES FOR KIDS: THE TOP 100 SOCIAL
RULES KIDS NEED TO SUCCEED, DIAMOND &
GORDON, 2011)**