

Session 9: I Stand up for Myself

Today you will learn assertiveness techniques that will enable you to stand up for yourself. This lesson will teach you ways to gain confidence in your ability to resist negative forces in your life and understand that these skills can take lots of practice to develop.

For this lesson we want you to just think about the essential questions, while answering another question. Today's essential questions are: **Should we do everything people tell us to do? What is peer pressure?** We will develop a further understanding of these questions later, but for now answer this one:

What would you do if a friend asked you to do something unsafe, illegal or even mean to another child? _____

Here are some definitions for you to think about for this lesson:

Resist: refuse, say "no" to something or disagree

Resistance: the act of refusing, saying "no"

Peer pressure: when a friend tries to get you to do something.

Negative peer pressure is when a friend or someone you know tries to get you to do something you wouldn't normally do. The definitions above are some ways to resist peer pressure. Today's activity will offer a guideline on how you can resist peer pressure in the future.

Session 9 Activity: Four Ways to Say NO!

Here are four ways we want to teach you about to resist peer pressure:

Imagine this situation: You and some friends are playing soccer at a facility and Chris says, “Hey! Let’s sneak into the pool.”

Here are some basic ways you can respond to peer pressure.

1. **Change the subject** – If you change the subject to something else it could distract the person trying to influence you and allow you to not be pressured to do something bad.

Chris says, “Hey! Let’s sneak into the pool.”

You respond with: “Ha Ha, you just don’t want to finish the game. Come on, let’s finish.”

If this scenario works this way than you will be able to just continue the soccer game and will not have to worry about breaking the rules and going into the pool area when you know you are not supposed to.

2. **Stand up for yourself** – If someone is trying to pressure you into doing something that you know is wrong, one way to try and stop it is by standing your ground. If you know something is wrong and do not want to be a part of it, you have the right to say so. You should not be pressured into doing things you know is wrong so standing up for yourself shows that you do not agree with the pressure and do not want to participate.

Chris says, “Hey! Let’s sneak into the pool.”

You respond with: “No way, I’m not going to do it. I don’t like that!”

If this scenario works than Chris would hopefully respect your view and get back to the soccer game, but if not, you may have to try option 3.

3. **Get Away** – Sometimes people in your life are going to do things you disagree with even after you tell them you do not think it is a good idea. For situations like this it can be good just to get away from the situation in order to avoid doing something that may hurt you or get yourself into trouble.

Chris says, “Hey! Let’s sneak into the pool.”

You respond with: “Wow! Look at the time! I’ve got to get home for dinner!”

In this scenario you completely avoid the situation and pressure by getting away from it. Instead of arguing with someone who doesn’t respect your views and continues to negatively peer pressure you, this option allows you to get away from the situation altogether and avoid doing something that may get you hurt or into trouble.

4. **Get Help** – Some situations you may be scared for and need an adult to stand up for you or the safety of yourself or someone else is in danger so you want help. For these situations or for any situation you feel pressured to do something you do not want to do it is ok to go get help.

Chris says, “Hey! Let’s sneak into the pool.”

You respond by leaving and finding a facility staff to explain to everyone why the pool is closed and talks with Chris about his pressure on you.

If you listen to negative peer pressure and do not resist or say no then sometimes bad things could happen. In our scenario what if one or more of the kids could not swim and ended up falling into the pool? This is why it is important to be able to resist negative peer pressure now and, in the future, so you can avoid circumstances that may be harmful to your health and to your future!

Please take the time to go over the “Resistance Role-Play Scenarios” worksheet with a partner at this time. You can practice using some of the resistance techniques we have just learned.

Session 9 Wrap-up

Today you learned about peer pressure and how sometimes people may influence you to do bad things. It is important to remember the ways to say no and avoid this negative peer pressure that may harm your health or your future. Please take the time now to finish Session 9's line in your "What I Like About Me" page at the end of this binder.