

# TIPS ON HOW TO DEAL WITH PEER PRESSURE

## 1 SAY NO!

It is okay to say no! This helps us build boundaries and limits for ourselves. Saying no helps us to understand how to respect other people's boundaries as well.



### What is Peer Pressure?

Peer pressure is when your "friends" or classmates encourage you to take part in unsafe or risky activities. This can include feeling like you have to do something in order to fit in.



You can always get help at [kidshelpline.ca](http://kidshelpline.ca) if you are not sure where to turn

## 2 TRUST YOUR GUT

If something about a situation doesn't feel right, it probably isn't. It might not be the right situation for you, even if your friends appear to be okay with it. It is okay to walk away and do your own thing.



## 4 BE CONFIDENT IN YOURSELF

Be clear and direct when expressing your feelings to others. Be strong and listen to your own gut because you know what is right for you



## 3 TALK TO SOMEONE

Get support from a trusted adult such as a parent, teacher, or school counselor. A trusted adult can listen to you and help you take steps to resolve the problem.