



# EFFECTIVE WAYS FOR TEENS TO OVERCOME PEER PRESSURE

- 1 Stay mindful of your feelings and ask yourself if the situation feels right to you, even if your peers seem okay with it.



- 2 Struggling to say no? Plan and stay prepared to get out of an uncomfortable situation by making a good excuse.



- 3 Remember, not everybody will like you. Don't force yourself to please them if you are not okay with a situation.



- 4 Have a friend who shares a similar personality as you and can show the right path when under pressure.



- 5 When stressed, don't resort to toxic habits. Instead, try listening to music, talking to your parents or friends, and doing your favorite activity.



- 6 Take a deep breath of courage and tell the person pressuring you about your feelings.

