

YOUTH TOOL 01

Peer Pressure

Stay connected to yourself when the group is pulling you another way.

Pressure can be loud, quiet, direct, or subtle. It can come from friends, social media, a relationship, or a situation where you do not want to feel left out. A pause can help you decide what is right for you.

Notice the pressure

- What is being asked of me?
- What am I feeling: rushed, worried, excited, afraid of being left out, or unsure?
- Would I make the same choice if no one else were watching?

Give yourself options

- Use a simple line: "I am not doing that." "I need a minute." "I have to go."
- Text or call a trusted person if you need help leaving a situation.
- Move toward people or places where you feel safer and more in control.

Keep your values close

- A real friend can respect a boundary even when they do not agree with it.
- You can change your mind.
- Walking away from pressure is a strength, not a weakness.

GROW reminder: A thoughtful choice can protect your safety, your relationships, and your future.

Make it yours

Reflection and action page

Use this page to write down what stands out and choose a next step. Honest answers are useful answers.

What situation do I want to handle differently?

What choice would support my safety and my future?

Who can I contact if I need help?

My commitment: A boundary I can use when I feel pressure is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.