



## Saying "No" to Peer Pressure

By suggestion and example, peer groups influence a child's tastes, feelings, attitudes and decisions. Following bad examples of friends can lead to problems for your child. Parents need to build their children's self-esteem and teach assertiveness so they can say "no" to peer pressure confidently and easily.

Your child might give into peer pressure because of low self-esteem, the need to be liked by others or insecurities about life, themselves or decision making.

### REASONS CHILDREN TURN TO PEER GROUPS

- Peers are more approachable than parents.
- Peers offer more positive reactions and acceptance.
- Peers have shared goals and interests.

### TEACHING YOUR CHILD CONFIDENCE AND ASSERTIVENESS

- Let your child express their feelings and opinions.
- Use constructive criticism about their decisions.
- Build child's self-esteem.
- Teach how to set and accomplish goals.

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## TEACH YOUR CHILD TO SAY "NO" TO PEER PRESSURE

- Teach children to think of the long and short term consequences of their actions.
- Encourage standing up for his/ her beliefs.
- Teach children not to give in to manipulation.

### REMEMBER!

Saying 'no' to peer pressure doesn't mean cutting ties with friends... just making one's own decisions.

### WHO TO CALL FOR HELP

Center for Community Support and Research:  
1-800-445-0116

For more online tip cards, visit [www.KCSL.org](http://www.KCSL.org)  
under the "Resources" tab.



Kansas Children's  
Service League

Parenting questions? Call the Parent Helpline:  
1-800-CHILDREN or email/text 1800children@kcsl.org



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