

Peer Pressure and Standing Strong: A Guide for Teens

Navigating the world as a teen comes with challenges—one of the biggest is peer pressure. Whether it's being pushed to drink, use nicotine, cannabis, or other substances, vape, participate in risky stunts, or go along with things you know aren't right, **you have the power to say NO and walk away.**

How to Handle Peer Pressure & Stay Safe

Trust Your Instincts

- If something feels wrong, it probably is.
- You don't need to explain or justify your choices.

Have a Go-To Response

- "Nah, I'm good."
- "That's not my thing."
- "I have to be somewhere."
- "I'm training for (sports, a goal, future plans)."

Use the Power of Exit

- Step away from the situation.
- Have an escape plan: Know how to leave safely.
- If you can, bring a friend who also wants out.

Call for Help

- If you feel unsafe, reach out to a trusted adult.
- Use a code word with family or friends to signal you need backup.

Surround Yourself with Support

- Find friends who respect your boundaries.
- You are NOT alone—others feel the same way and want to make good choices too.