



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.

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 kcsl.org under the “Resources” tab.

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsl.org



Kansas Children's Service League



Prevent Child Abuse
Kansas
A chapter of Prevent Child Abuse America



Kansas
Department for Children
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Strong Families Make a Strong Kansas