



Peer Pressure: Parent-Child Exercise

Build a relationship of trust with your teen. This exercise opens the line of communication between parents and their teens about sensitive topics they may not be comfortable talking about outright. If something is troubling them, encourage them to confide in you or another caring adult so they can get help to resolve the issue. Remind your teen that negative peer pressure comes from people who don't have their best interest in mind and are not self-aware or secure. It would be a good idea to repeat this exercise every few months.

Parent Exercise:

List some of the ways your peers tried to pressure you to do things you did not want to do when you were in school:

- 1.
- 2.
- 3.
- 4.
- 5.

Teen Exercise:

List some of the ways your peers try to pressure you to do things you do not want to do:

- 1.
- 2.
- 3.
- 4.
- 5.

Compare both of your responses and look for similarities. Parents should engage in an open discussion with their child based on how they dealt with each situation they were faced with, and then solicit feedback from their teen as to how they would deal with the situation. By listening carefully to your teen, you will be able to identify the areas where your child could use some improvement.