



## **Parent's Guide to Peer Pressure Prevention Checklist**

- Do I seek ways to develop and encourage my teen to have friendships with positive role models, mentors or leaders in the community?
- Do I know who my child's friends are and have I met their parents?
- Do I know where my son/daughter is at all times? What measures have I taken to make sure they are safe?
- Have I been encouraging my teen to become more independent, responsible and accountable for his/her actions?
- Do I make it a practice to reinforce that it's okay to be different?
- Have I been setting the example of how to embrace diversity by striving to have friends of all races, backgrounds, and social classes?
- Do I praise and teach my teen assertiveness?
- Do I discipline my teen accordingly or am I shielding him/her from the natural consequences that come along with certain behaviors?
- Have I spoken to the school's guidance counselor to learn about the latest trends and potential problems my teen could be facing?
- Do I foster an 'open door' policy and make it a priority to sit down and talk openly with my teen at least twice a week?