



Game Plan Activity

Identify some strategies for dealing with peer pressure.

1. Name two friends who will support you when the pressure is on.

My True Friends:

2. Create an emergency escape plan. (Example: You go to a party that might turn bad. Have someone you trust on-call to come get you).

My Escape Plan:

3. Avoid places where you have experienced negative peer pressure. Identify positive places and try to spend more time there.

Negative places:

Positive Places:

4. Make a list of some positive things that you could do with friends as a substitute for things that could get you into trouble.