

CHAPTER SUMMARY

Section 6.1

Peer Pressure

Decisions and actions are influenced by both internal and external pressures. Positive peer pressure helps you develop new skills and build confidence. Negative peer pressure can influence people to do things that go against their values. Giving in to negative peer pressure can have serious consequences, both for you and for others.

Section 6.2

Refusal Skills

To manage peer pressure, you should develop a strong sense of self, prepare for situations, and practice being assertive. Learning and developing refusal skills can help you resist negative peer pressure and stand up for your values. The most effective way to protect yourself from risky behaviors is by practicing abstinence.