



D.A.R.E. FAMILY TALK #3

Kids sometimes feel pressure from their peers regarding choices they make. **Peer pressure** can be both positive and negative.

1. Ask your child to give you an example of a time they might have felt pressure from someone about their age and how they responded.
2. Share a time when you or someone you know was pressured to do something that was a risky situation and what happened as a result of the decision.

When faced with pressures it is important to think about **positive** ways to respond and make **safe** and **responsible** choices.

Five ways that we shared in class are:

- **Avoiding the situation**
- **Strength in numbers**
- **Walking away**
- **Saying no while giving a reason or excuse**
- **Changing the subject**

What are some ways or examples of how these could be used in real life situations in the future?

Children, as well as adults, may face situations or events that cause them to feel anxious or stressed. Discuss with your child possible **positive ways** to deal with their **feelings** to help keep them healthy and safe.

