

TEACHING YOUR TWEEN TO SAY NO

Do you remember a time when it was hard for you to say no to your peers? Many tweens begin to think:

*How could I get out of this situation?
Would everyone laugh at me?*

There are a lot of reasons it can be hard to say "no" in the face of peer pressure. Simply telling your child to resist peer pressure isn't enough.

Instead, **help them find their own "no."** Help them recognize for themselves why standing up to peer pressure is in their own best interest.

Ask them to stop and think:

Will I get kicked off the soccer team if I get into trouble?

Could giving in to peer pressure interfere with a club, practice, music lesson, or something else I really enjoy doing?

Help Them Leave

Create a code word your child can text you or say out loud to you that alerts you its time for them to leave the situation.

Ways to Say "No"

Say *no* assertively & walk away

Blame strict parents, a test the next day, or a coach

Use humor

Suggest a different activity

Say they have other plans