

“PASS” on Peer Pressure

Strategies

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Put off replying

- ▶ Distract them or change the topic
- ▶ Act bored and walk away
- ▶ Use humour

Ask them why

- ▶ Ask “But why should I?” over and over and over
- ▶ Reverse the pressure and put it back on them

Stay true to you

- ▶ “What could happen if I do this?”
- ▶ “What is true to me?” or “What does my gut say?”
- ▶ “Apart from giving in, what are my other options?”

Stand up for yourself

- ▶ **EXPLAIN** how it doesn't feel right for you and how healthy friendships allow different opinions
- ▶ **TRUST** your gut feelings
- ▶ If you feel uneasy **LEAVE** the situation
- ▶ Make wise choices and **AVOID** peers and situations you know are risky

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