



- P** **OSITIVE vs NEGATIVE PRESSURE.** Teach them how to identify the pros and cons of the situation so they can make a better decision.
- E** **XIT PLAN.** Define an exit strategy for your child to use to get out of situations.
- E** **XPECTATIONS AND CLEAR BOUNDARIES.** Set clear expectations for their behavior when your children are young and continue to do so as they grow.
- R** **OLE PLAY.** Perform skits and role-play situations. Give them a list of things to say when they feel pressured. Create a list of scenarios in which peer pressure could come up and practice easy solutions.
- S** **TART THE CONVERSATION** and remember ongoing conversation is key in today's parenting.