**Welcome to**

**“Stop the Drugs Now”**

As we know, many teens and preteens tend to find themselves in a peer-pressured situation. Sometimes peer pressure can be positive getting teens to raise their grades in school, take positive risks like trying out for a sport or play, and introduce themselves to new people.

Other times, peer pressure can have horrible effects on teens. Because teenagers want to be accepted and “get along” with others their own are, they tend to “go along” with the crowd even when it challenges their core values.

How can parents help their teens make good decisions even in the face of peer pressure?

1. **Start Early:** Begin a conversation about making good choices with young children and talk about them often. Be sure that your children know your views about “acceptable” and “unacceptable” behavior from the very beginning.
2. **Ask Questions:** Sometimes, the best thing to do is to **ask questions.** Again, start this early so that your children are used to it.
3. **Role Play:** It is often difficult to find the right words when you are actually in the peer pressured situation. Practicing with a trusted person before it actually happens can make it easier.