

**R.O.C.K.  
the  
RESPECT !**

“Pressures are a normal part of life. Entering middle school and becoming a teenager brings a whole batch of new pressures. What really matters is how well you keep it all in perspective and deal with it.”

Additional references and information is available at the following websites:



[www.goodcharacter.com](http://www.goodcharacter.com)

**George Fischer  
Middle School**

**Helpful Information and  
Tips for Parents about  
Helping Your Child Deal  
with Pressures**

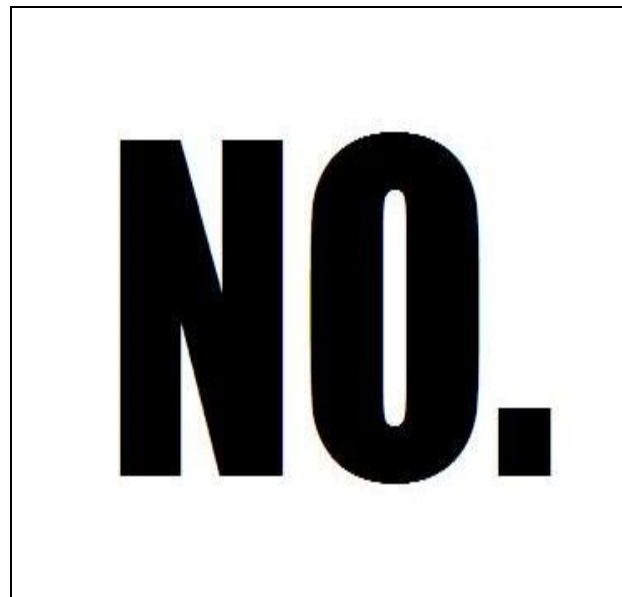
**R.O.C.K.  
the Respect  
Campaign**

**EMPOWERING  
GOOD CHOICES**

## DEALING with PEER PRESSURE

*Here are some positive, healthful ways of dealing with pressures.*

- ⇒ Do something else for a while  
- exercise, read, see a movie,  
listen to music.
- ⇒ Talk to someone - friends,  
parents, a teacher or counse-  
lor. Ask for help.
- ⇒ Focus on your good qualities  
and accomplishments.
- ⇒ Put things in perspective;  
pressures usually pass.
- ⇒ Use your sense of humor.



## HOW TO SAY "NO"

*Here is a good way to say "no" and still be cool.*

1. Say what the problem is  
(that's mean, or, that's ille-  
gal, etc.).
2. Say what the consequences  
are.
3. Suggest something to do  
instead. Have a plan.
4. If your friends insist on  
doing it anyway, leave.