



# Practicing Standing Up to Pressure

## Situation #1:

Kim and her friends are in-line skating around their neighborhood. One of her friends suggests that they go over to the park and try racing down the hill. The hill is pretty steep and has a curve half-way down. Kim is just learning to use her skates and doesn't feel too confident of her ability yet. She does not want to go. What could she do or say to stand up to the pressure?

## Situation #2:

Jarrold and his friends are in the mall looking around. One of his friends says, "Hey, look at that kid's jacket. I bet we could make him give us his jacket. We wouldn't even need to get rough. We'll just stand around him and make him squirm." Jarrold does not want to do it. He knows it is wrong. What could Jarrold do or say to stand up to the pressure?

## Situation #3:

It's a beautiful day. LaDon and her friends have been jogging through the park. They are sitting at a picnic table resting. One of her friends pulls out a pack of cigarettes and offers everyone a smoke. Everyone takes one. LaDon is the last person. She knows smoking is bad for her and illegal. She does not want to smoke. What could LaDon do or say to stand up to the pressure?

## Situation #4:

Juan is hanging out with a group of his friends at one of their houses. One of his friends says, "My dad has some cans of spray paint in the garage. Let's get them and 'decorate' the bridge down the street." Juan knows this is vandalism and illegal. He doesn't want to do it. What could Juan say or do to stand up to the pressure?