

Name _____

Date _____ Period ____

Resisting Pressures

Read the following situations to your parent or other trusted adult. Write her or his answers in the spaces provided.

1. Imagine that you are fourteen years old. It's Saturday night and you are at a party with your friends. A few of them start to drink beer. A person you really like offers you one. You've decided you don't want to drink. What could you say or do to resist the offer?

2. Again, imagine that you are fourteen years old. It's Sunday afternoon. Your parents are out, but you stayed home to study. You're getting bored, and you remember the free sample pack of cigarettes your parents got at the mall. You think maybe smoking one would be fun. What could you do or say to yourself to resist the temptation?