

Role-Playing Scenarios:

Dealing with Peer Pressure

Peer pressure can be a significant challenge for children at various stages of their development. These role-playing scenarios are designed to help parents and children practice responding to common peer pressure situations. Encourage your child to act out these scenarios with you and discuss the best ways to respond.

Scenario 1: Sharing Toys (Early Childhood)

Situation:

Your child is playing with a favorite toy when a friend demands to play with it. The friend says, 'If you don't give it to me, I won't be your friend anymore.'

Suggested Response:

Teach your child to say, 'I'm happy to share, but I want to play with it for a little longer first. We can take turns.'

Scenario 2: Fashion Trends (Tweens)

Situation:

Your tween is pressured by classmates to wear certain brands or styles of clothing to fit in. A classmate says, 'If you don't wear [brand], you can't hang out with us.'

Suggested Response:

Encourage your tween to say, 'I like my style, and I'm comfortable with what I wear. We can still be friends even if we dress differently.'

Scenario 3: Social Media Challenges (Tweens and Teens)

Situation:

Your child is asked to participate in a risky social media challenge. A friend says, 'Everyone's doing it! Don't be lame!'

Suggested Response:

Advise your child to say, 'I don't think it's safe, and I don't want to get in trouble. Let's find something else to do.'

Scenario 4: Academic Dishonesty (Teens)

Situation:

A classmate asks to copy your teen's homework, saying, 'Come on, it's just this once. You're so smart, and I really need a good grade.'

Suggested Response:

Encourage your teen to say, 'I can help you understand the material, but I can't let you copy my work. It's important to do your own homework.'

Scenario 5: Substance Use (Teens)

Situation:

Your teen is at a party where friends are drinking alcohol. A friend says, 'Just have one drink. It's not a big deal.'

Suggested Response:

Teach your teen to say, 'No thanks, I don't drink. Let's do something else instead.'

These scenarios can help your child develop the confidence and skills needed to resist peer pressure. Practice regularly and encourage open discussions about peer pressure and the importance of making safe and healthy choices.
