

Assertiveness and Handling Peer Pressure

[Saying 'No' the right way]

Introduction:

Assertiveness is about expressing your thoughts, feelings and needs in a clear, honest and respectful way without being aggressive. Peer pressure is when your friends or others try to make you do something you don't want to do. Handling (Resisting) peer pressure means saying "no" to things that make you feel uncomfortable or wrong even if others are doing it. Both are vital life skills that help you speak up for yourself confidently and make good choices.

Simple Meaning:

Assertiveness: Speaking up confidently and respectfully about what you want or believe. It's saying "yes" or "no" calmly without being rude or shy.

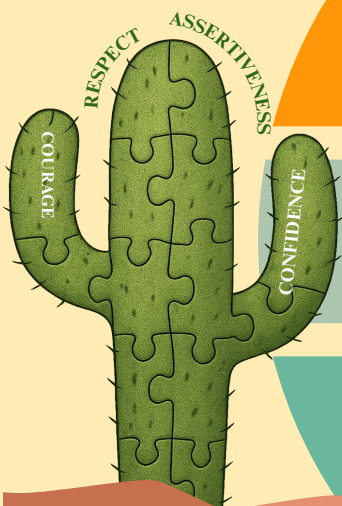
Handling Peer Pressure: Choosing what's right for you, even if friends or peers push you to do something different or that goes against your values.

Importance

Solves problems - Assertiveness helps you share your ideas and feelings confidently. It earns respect and helps solve problems without fighting.

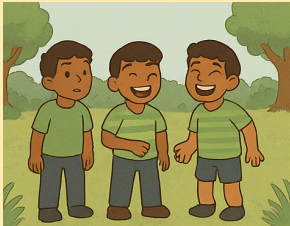
Makes good choices - The ability to handle peer pressure keeps you safe and true to your values. It helps you make smart choices, even when others disagree.

Healthy relationships - Assertiveness fosters (encourages) respect in relationships, allowing for open communication and understanding.

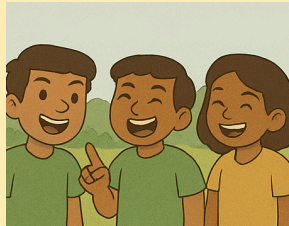


Story time

The Power of Saying No



Appu was playing near a pond with his friends when they dared him to jump in.



"It's fun, don't be a baby!" they teased.



Appu felt uneasy because the water looked dirty and unsafe. He said calmly, "No, I don't think it's safe and I won't jump."



His friends laughed but Appu stood firm, adding, "Let's play something else together."



Later, a teacher saw the pond and said it was dangerous, praising Appu's choice.



His friends apologized and admired his courage. By being assertive and resisting peer pressure, Appu stayed safe and showed everyone how to make smart, kind choices.



MORAL: ASSERTIVENESS AND PEER PRESSURE RESISTANCE HELP YOU MAKE GOOD CHOICES AND STAY TRUE TO YOURSELF.



KEY VALUES!



Confidence: Believing in yourself to speak up or say no.



Respect: Being kind and valuing yourself and others in communication.



Honesty: Saying what you truly feel or think.



Courage: The bravery to stand up against peer pressure.



Safety: Choosing actions that keep you and others safe.



Self-worth: Knowing your choices matter and you are important.



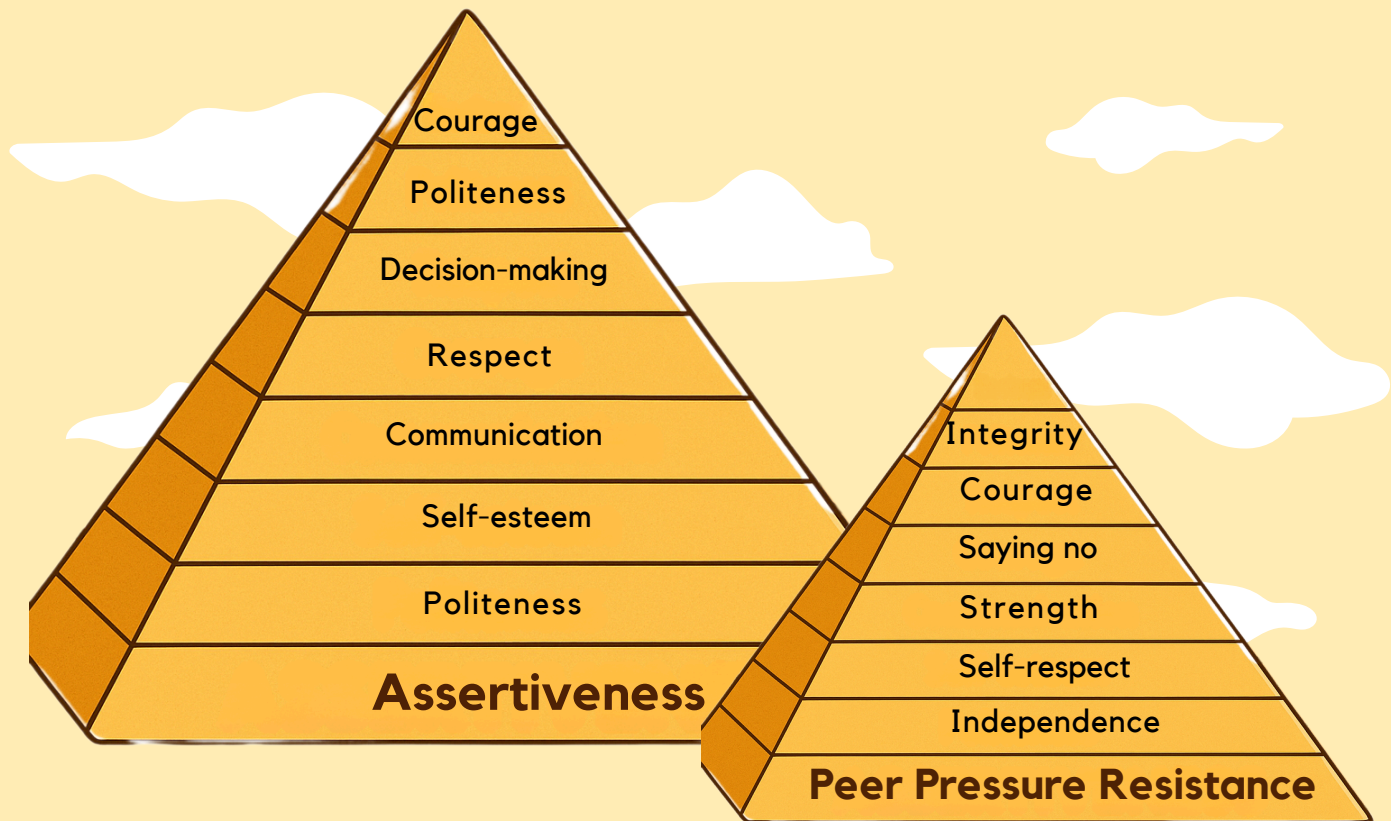
Integrity: Staying true to your values and beliefs even when it is hard.



Self-control: Staying calm and thoughtful under pressure.



Related Words



Remember: Assertiveness and Handling Peer Pressure both together build confidence, create strong friendships and help you be a leader who respects yourself and others.

Culture Connect

Start your day with a prayer or thankfulness – it's a peaceful way.



Confidence Booster

Don't compare yourself with anybody – believe in your own pace and talent.



Self-care Tip

Sleep for 7 to 8 hours daily – rest recharges your brain.



Assertive is honest not harsh.



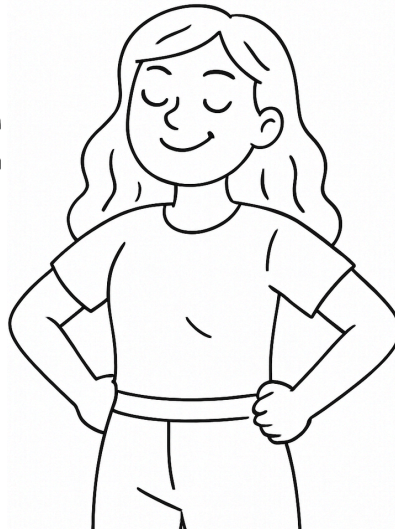
1. Circle or highlight the words related to assertiveness and handling peer pressure in the word search grid below:

C	O	U	R	A	G	E	D	S	L	P	Z
A	C	V	W	S	A	Y	N	O	M	R	T
R	E	S	P	E	C	T	M	N	I	T	C
V	W	A	S	S	E	R	T	I	V	E	Q
O	Q	Z	X	Y	R	O	S	T	E	C	I
B	C	O	N	F	I	D	E	N	C	E	P
P	E	E	R	P	R	E	S	S	U	R	E
M	R	D	E	C	I	S	I	O	N	S	W

Assertive
Confidence
Decision
Courage
Respect
Peer Pressure
Say No

2. The picture shows how you feel when you are assertive, colour it.

I FEEL
ASSERTIVE



3. Match The following:

A

1. Assertiveness
2. Confidence
3. Peer Pressure
4. Integrity
5. Respect

B

- (a) The ability to say no to negative influences.
- (b) Standing up for self in a respectful way.
- (c) Believing in yourself and your abilities.
- (d) The influence of friends to do something.
- (e) Being honest and having strong moral principles.

4. Fill in the blanks in the sentences from the words of the word bank:

(Word bank – **assertive**, **peer pressure**, **respect**, **courage**, **decision**)

- (A) It is important to show _____ to others, even if you disagree.
- (B) It takes a lot of _____ to stand up for what you believe in.
- (C) _____ can make it hard to make the right choices.
- (D) Being _____ means expressing your thoughts and feelings clearly.
- (E) Making a good _____ is essential for your well being.

5. Write the correct word using given clues :

- (A) Believing in yourself - _____ [A word starting with C having 10 letters]



- (B) Telling the truth - _____ [A word starting with H having 7 letters]



- (C) Treating others kindly - _____ [A word starting with R having 7 letters]



- (D) Being brave even when scared - _____ [A word starting with C having 7 letters]



6. Read each scenario and decide how you would respond assertively :

(Practice assertive communication and handling peer pressure in real-life situations)

- (A) Your friends want you to share your lunch but you are really hungry.
- (B) Your friends want to play a game you don't like.
- (C) A classmate is teasing you about your new shoes.
- (D) Someone asks you to do his homework from him.