

# Strategies for parents to help their teens handle peer pressure



# Chat them up

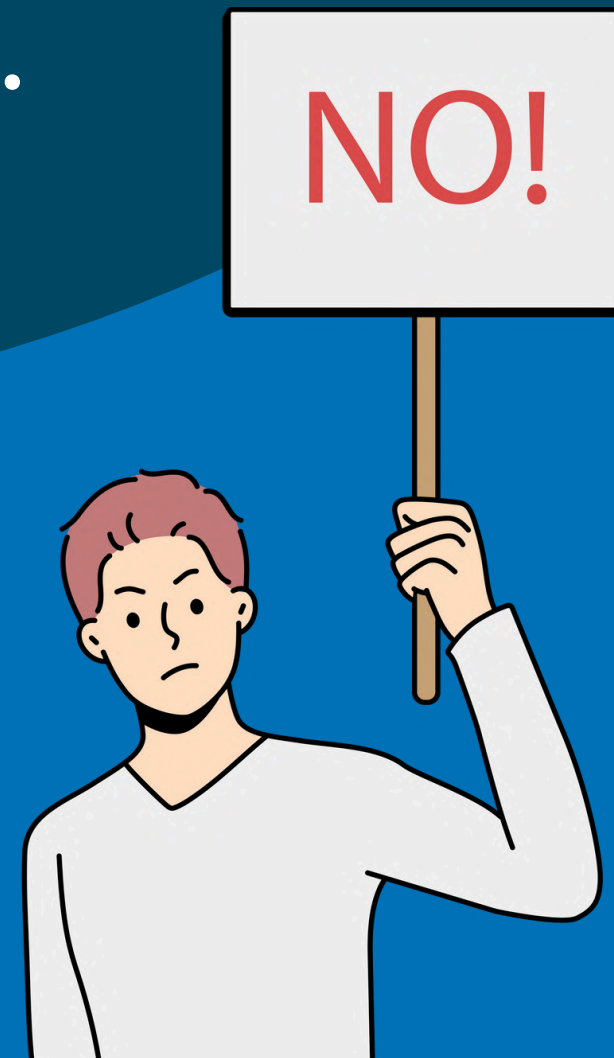
Have a judgment-free conversation. Let them know they can talk to you about anything.



# Teach them to say “No”

Equip them to refuse in a  
non-negotiable &  
non-confrontational way.

E.g. No thanks. I’m not into it.



# Help them with alternatives

Hesitation to say no is understandable. Let them know there are other ways; “I must be home early for an event. But I’ll meet up later for basketball.”





# Find teachable moments

Act out situations or use an example from TV. Ask them how they would respond to a similar situation when a teachable moment presents itself.

# Lead by example

Make positive choices with your own body language, choice of words, and the company of healthy peers.



# Build confidence

Self-esteem helps teens handle peer pressure and avoid pleasing people. Praise achievements and interests to boost confidence.

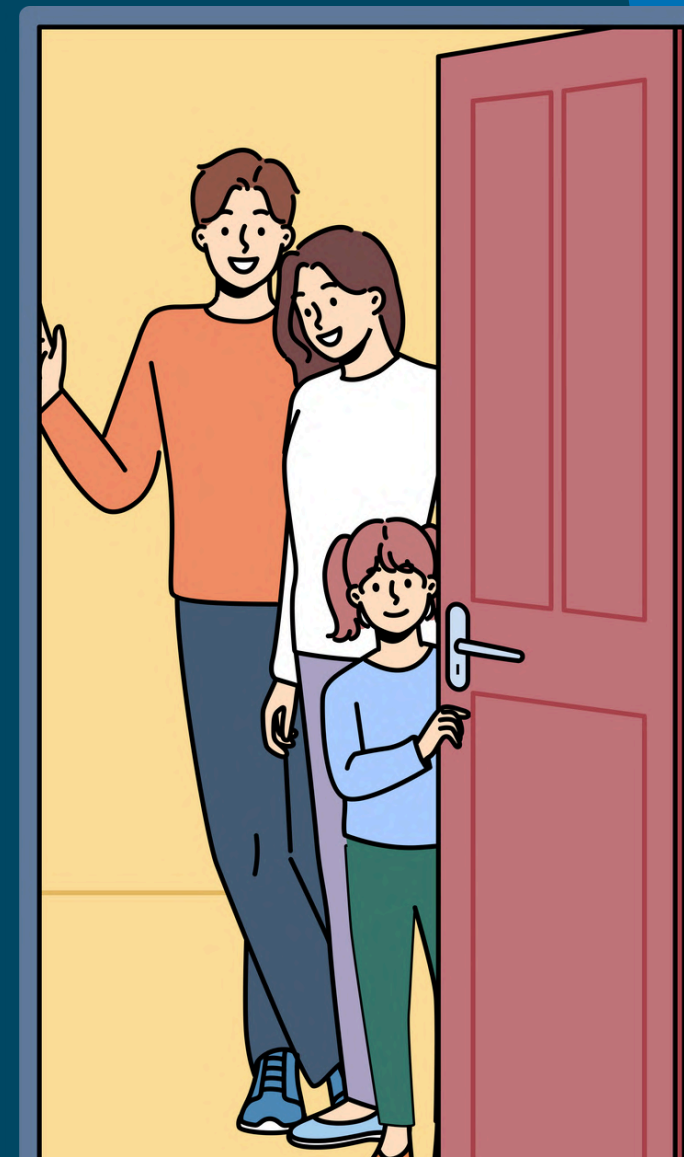


# Allow them to blame parents

If all else fails, be that  
excuse!

Let them know that you are  
okay with them using you  
as an out.

E.g. No, I can't.  
My mom/dad waits up for  
me and they will be  
worried.





# Life's pressures are better managed by prioritizing wellbeing.



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The Fuller Life is now a part of Happiest Health