

Prevention Strategies for Parents—Part 8



FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:**
For parents of children from birth to age 5
- **Active Parenting 4th ED:**
For parents of children ages 5 to 12
- **Active Parenting of Teens:**
For parents of preteens and teens
- **Crossroads of Parenting & Divorce:**
For divorced and divorcing parents

Continue your experience as an “active” parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

Most people realize that to “just say no” to drugs, sexual activity or violence is a lot easier said than done. Have you ever knuckled under to people around you and eaten something that wasn't on your diet or bought something you didn't really want? The pressure on teens, with their strong desire to belong, is a lot greater. Peer pressure is more subtle and strong than most people realize. Imagine that four teens are sitting around talking and one starts to smoke some marijuana. Two of the others say, “Great!” and take some. The third teen hands it to your teen, expecting her to smoke some, too. She doesn't want to, but she doesn't want to look scared or inexperienced either. She feels the pressure to follow along without them actually telling her to do so. What will she do? Say “no”? Go along with it anyway? You can increase the chances of her saying “no” by coaching her ahead of time about how to handle such difficult situations in ways that don't make her feel foolish. Resisting peer pressure requires three main things:

1. Knowing your rights

Help your teens realize that they have the right to say “no” to peer pressure and that their goals and values are important. Encourage them by accepting that they may not always agree with you any more than they do with their friends. You may feel frustrated when they argue with you, but they'll need that strong will to stand up to their peers when they want them to cave in.

1. The courage to do what's right

Help your teens recognize that they are strong enough to do what's right. Point out their strength each time they exhibit it. Be sure they understand the consequences of risks they take. Remember, courage is defined as “the confidence to take a known risk for a known purpose.” If they know the purpose of not following along with their peers is to stay safe and do what they know is right, they are willing to take the risk of being teased or humiliated.

1. A good comeback line

Because teens are desperate to save face in all circumstance, they need to be able to say “no” in a way that doesn't leave them feeling foolish. Give your teen some practice by going over potential peer pressure situations before they happen and helping your teen come up with comeback lines.

You can learn more about how to help your teen resist peer pressure by viewing the Active Parenting of Teens videos available to you on the Active Parenting Online Video Library. This series of videos will take the guesswork out of parenting your teens. Learn proven, effective parenting skills that will give you the confidence in knowing you are making the right decisions when it comes to raising a teen in today's chaotic environment.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **ACFC website**, click on the Active Parenting tab, and follow the instructions on how to view the videos.