

Sample answers for the Worksheet exercise: Responding assertively to peer pressure

Peer pressure situations

1. **Peer pressure. Scaredy cat.**

You are walking home from school with your friends. A stranger driving a car pulls up on a side of the road and offers you and your friends a lift home. All your friends insist that you get into the car. You don't want to get into the car because you know that there are increasing cases of attacks from strangers in your that area. All your friends start making fun of u, calling you a "scaredy cat". **How do you respond assertively?**

Sample answer: I'm not stepping in the car with you. It doesn't seem a good idea to me. I'd rather walk a mile than run the risk of something serious. Who's joining me!

2. **Pressure from parents. Play or do house work?**

You're at home with your mother and brothers and sisters. Your friends are playing, talking and laughing outside and you want to join them. Your mother won't allow it and tells you to fetch water. **How do you respond assertively?**

Sample answer: It is important for me to hang out with my friends. We have a good time, I can confide in them and they help me build my self-esteem. Please, can I go and fetch water another time?

3. **Bullying: Small is beautiful**

Some of your classmates bully you, because you are small. You feel bad about it and wish it would stop. **How do you respond assertively?**

Sample answer: I don't like the way you talk to me. People vary in size, and I'm just not tall, no worries.

4. **Peer pressure. Mchezo.**

On a night of "*mchezo*" all your friends are discussing that after the dances they will go and have sex with their girlfriends. They insist that you must also do the same with your girlfriend, but you don't want because you and your girlfriend already discussed that you are not ready to have sex yet. Your friends start laughing at you, saying you are not a real man. **How do you respond assertively?**

Sample answer: You guys go ahead, but I'd rather do this on my own time, you know, chill out some more with my lady.