

Dear Families/Caregivers,

Students have many different relationships in their lives including family members, friends, classmates, and teammates. Developing social skills includes building and maintaining relationships between different groups of people.

We have been discussing peer pressure and learning strategies for dealing with peer pressure. A few strategies to cope with peer pressure are:

- Know Yourself**
- Identify True Friends**
- Select Your Situations**
- Speak to a Trusted Adult**

Talk to your teen about healthy relationships. This can include familial relationships, as well as peer relationships. Ask your teen if he or she has ever experienced peer pressure. Listen to your teen's experience and then work together to see how applying the strategies could help to manage peer pressure in the future.

Share your own experiences with peer pressure with your teen. Model healthy peer relationships for your teen and emphasize that everyone has the right to feel safe and comfortable.

Knowing the different relationships your teen has and the characteristics of each relationship will help your teen advocate for his or herself and invest time and energy into healthy and supportive relationships.