



Worksheet 5.2:

Resisting the pressure

Seán is being pressured to send intimate pictures of his girlfriend, Bronagh, to his friends. Write the text message that Seán sends in reply to this group message. In the message Seán needs to resist the peer pressure and make it clear that he won't be sending the private images along. You might find the **Tips for resisting the pressure** advice sheet useful.

← GROUP CHAT: The Boyos 🤔

Nah, I don't believe Seán. Like what girl would send him a nude?! 🤔🤔 He looks like he's 10. Pics or it didn't happen, Seán!!!



Tips for resisting the pressure (a)

Check out these tips that will help you resist peer pressure



DON'T MAKE IT WORSE:

Don't accuse or blame the other person for anything, simply state your views and wishes. Listen to what they say and acknowledge their point of view. "Yes, I hear what you're saying, but I'm still not going to..."

EXPECT THE PERSON TO ACCEPT WHAT YOU'RE SAYING:

If this person cares about you, they will accept what you are saying and will not continue to put pressure on you.

WATCH THE TEXT SPEAK:

Is it bullying or banter? Without body language and facial expressions, it's often hard to know the difference. Make sure you're clear on what the other person is saying before replying. Sometimes it might even be best to clarify things in person.

SAY SOMETHING POSITIVE FIRST:

Begin by saying something positive to the other person, for example:
"You are my friend but..."
"I want to have a good time but..."
"I really like you, but I don't want to..."

YOU DON'T NEED TO GIVE A REASON:

Avoid being manipulated into giving further explanations. If the person requests a reason, repeat a short, clear statement, such as: "I've already said I don't want to and I'm not going to change my mind."

USE SHORT CLEAR STATEMENTS:

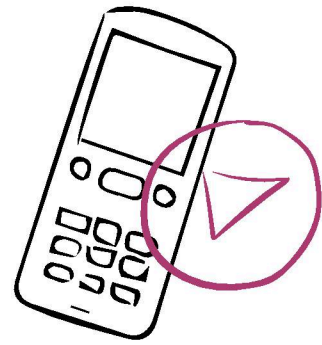
"I don't feel like..."
"I think it's unfair to ..."
"I'm not going to ..."

WALK AWAY OR BLOCK THE SENDER:

Constant messaging can put you under a lot of pressure to do something you don't want to do. In extreme situations, where you are not being heard and your safety is under threat, you may need to walk away or block the person who is pressuring you.

Tips for resisting the pressure (b)

Check out these tips that will help you resist peer pressure



Use short clear statements.

Don't blame the other person. It could make things worse.

If the person cares about you they will accept what you say.

Watch the text speak: Is it bullying or banter?

Say something positive first.

You don't need to give a reason.

If you feel scared, walk away or block the sender.