

NSPCC

## Helping our children manage peer pressure with these Top Tips from the NSPCC



### Create the right situation to talk

Make sure you both have time to talk, the atmosphere is relaxed, and remember that this is a conversation, not an interrogation.



### Listen to what they are worried about

Avoid solely talking to them. Listen to their concerns and their experiences.



### Acknowledge their worries

Dismissing their feelings will only shut down the conversation and make them reluctant to talk about what's bothering them.



### Help them practice ways of saying no

Rehearsing with them ways to stand up to peer pressure and coming up with alternatives for them will build their confidence



### Keep the conversation going

Let them know that they can always come to you if they have more worries, and take an interest in how they get on saying "no".



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If you have concerns about the immediate safety of a child, you can call Lincolnshire Police on 101 or, in an emergency, dial 999