



Life Skills Training

Dear Family,

One reason children succumb to peer pressure is that they do not have the power to stand up for themselves. Your child has been studying the difference between passive, aggressive and assertive behaviour in class. Practising these behaviours can help your child stand up for him or herself and avoid giving in to peer pressure.

You can help your child practise assertive skills at home. Create a realistic situation where your child might experience peer pressure; a student trying to copy their homework, a student trying to convince your child to steal something from the store, a friend trying to convince your child to experiment with tobacco or alcohol. Act out the part of the peer-pressuring friend while your child practises the assertive skills learned in class.

Learning assertive skills is like learning how to ride a bike. Practice makes perfect. The more opportunities your child has to practise assertive skills the more likely your child will be to stand up to peer pressure when it really counts.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes,