



## “He Dared Me!” Helping Your Child Resist Negative Peer Pressure

In an electronic media age, peer pressure among children is more challenging than ever before. Help your children resist negative peer pressure and learn how to increase positive peer pressure influence for your children without damaging your parenting relationship.

**We are living in a different world. Parents need new tools!**

Presentation outline is based on Health Canada, Growing Miracles (Three Cheers for the Early Years), Parent Effectiveness Training courses, and Invest In Kids Recommendations.

### **Presentation Objectives**

**Participants will learn about positive and negative peer pressure.**

**Participants will learn how to influence positive peer relationships with good communication, healthy self-esteem and problem solving strategies.**

**Participants will discover the warning signs of negative peer influences.**

**Participants will identify 10 communication strategies to teach their children how to resist negative peer suggestions.**

**Presented by:**

**Judy Arnall, BA, International award winning Speaker and best-selling Author of  
“Discipline without Distress: 135 tools for raising caring, responsible children without time-  
out, spanking, punishment or bribery.”**

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