



Activity (HS)

Trusted Messengers

A national survey asked young people how likely they would be to listen to and trust the following people for advice not to use – or to stop using – drugs and alcohol:

Messenger	Percentage of teens who say they trust this messenger (0 - 100%)	
	Your guess	Survey results
Doctors, nurses, health care providers		
Friends or peers		
Parents or other adult guardians		
Counselors or therapists		
Teachers or other educators		

Reflection

1. Which group do you believe to be most trustworthy?

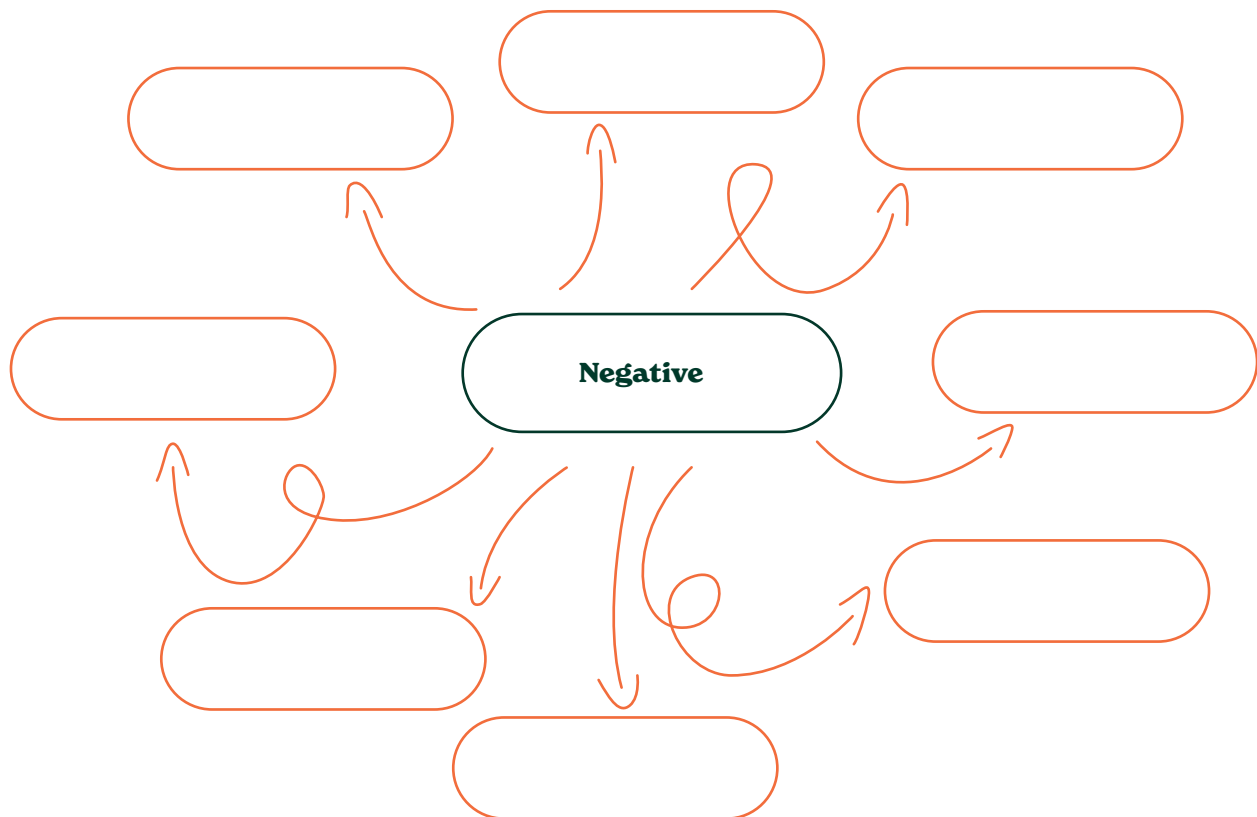
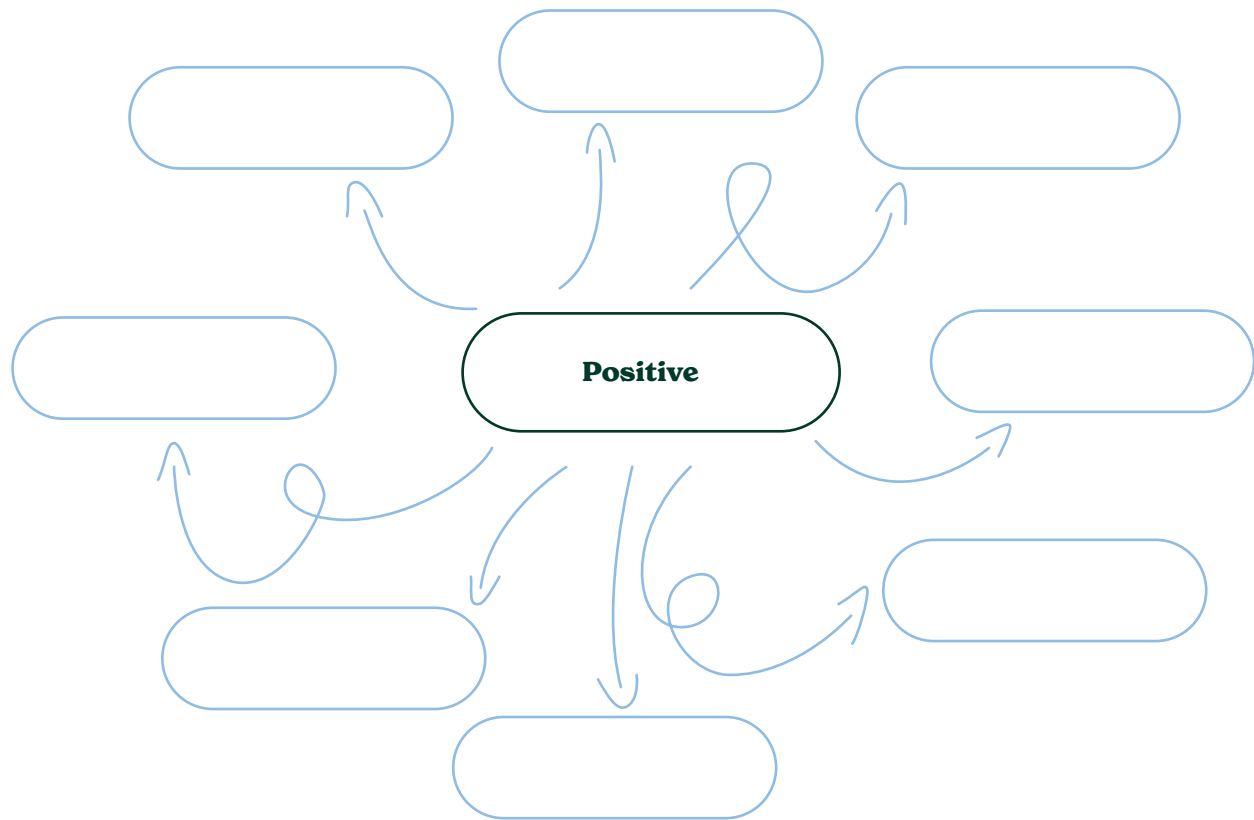
2. Why do you think that?

3. Did any of these results surprise you? If so, which ones?

4. What does this tell you about how much your friends value your advice when it comes to not using drugs?

Peer Pressure Isn't All Bad

Using the word webs below, brainstorm as many forms of both positive and negative peer pressure as you can.



Reflection

1. In your opinion, what is the difference between positive and negative peer pressure?

2. Can you think of a time when you positively influenced a friend? What did you say or do to help change their mind or behavior?

3. What could you say or do to help if you knew one of your friends was thinking about or was already experimenting with prescription pills?