



FAMILY MEMBERS READ THIS:

Your adolescent is learning to respond to negative peer pressure. Present your adolescent with a situation such as picking him or her up from school early to go to a movie. Have your adolescent demonstrate how he or she would use ASK to respond to this situation. Provide positive and constructive feedback about your adolescent's use of ASK.

Stop, ASK, Decide

LET'S DO THIS!

Explain ASK to a family member. Then demonstrate using ASK in response to a situation that he or she presents to you.

THE THREE STEPS OF ASK

REMEMBER TO

- ☐ ask questions so you know what you are getting into.
- ☐ stand up for yourself.
- ☐ know your positive options.

After demonstrating how to use ASK, answer the following questions:

What questions did you ask?

What did you say or do to stand up for yourself?

What positive options did you suggest?

What ideas did your family member give you about how to improve using ASK?