

Article #42

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 70% report that they experience the asset *Resistance skills*.

Asset #35: Resistance skills—Young person can resist negative peer pressure and dangerous situations.

Consider this . . .

Even if young people believe in not using alcohol or other drugs or being sexually active (asset #31), they may not have the skills to say no in all situations (such as at a party where it seems like “everyone” is drinking, or when someone they really care about is pressuring them to have sex).

Try this . . .

Adults:

- Role-play high-pressure situations to help youth practice ways to respond.
- Recognize and acknowledge to young people that it can take courage to say no. Let them know that you believe they can do it.

Youth:

- Practice saying, “No, thanks, I don’t do that.”
- Use your family as an “excuse” if you get into a situation where you feel uncomfortable saying no. (For example, if someone offers you a drink: “No, thanks, my dad has a nose like a bloodhound. Even if I take a few sips I’ll end up in serious trouble.”)

From *Get the Word Out: Communication Tools and Ideas for Asset Builders Everywhere*.

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