Lincolnshire Safeguarding Children Board

NSPCC

Helping our children manage peer pressure

Some Top Tips from the NSPCC

Create the right situation to talk

Make sure you both have time to talk, the atmosphere is relaxed, and remember that this is a conversation, not an interrogation.

Listen to what they are worried about

Avoid solely talking to them. Listen to their concerns and their experiences.

Acknowledge their worries

Dismissing their feelings will only shut down the conversation and make them reluctant to talk about what's bothering them.

Help them practice ways of saying no

Rehearsing with them ways to stand up to peer pressure and coming up with alternatives for them will build their confidence

Keep the conversation going

Let them know that they can always come to you if they have more worries, and take an interest in how they get on saying "no".

For more information on keeping children safe

NSPCC:
https://www.nspcc.org.uk/

Lincolnshire Safeguarding Children Board:
https://www.lincolnshire.gov.uk/LSCB/

If you have concerns about the immediate safety of a child, you can call Lincolnshire Police on 101 or, in an emergency, dial 999