Spot the Pressure

Pressure is easier to handle once you can name it. Which kinds have you felt?

Name: _____ Date: _____

D Direct pressure

Someone asks, dares or pushes you out loud: "Just try it." "Don't be boring." "Everyone else is."

A time I felt this: _____

U Unspoken pressure

Nobody says a word, but you can feel what the group expects: the clothes, the jokes, who you sit with.

A time I felt this: _____

O Online pressure

Group chats, dares, likes, streaks, sending photos, piling on someone in the comments.

A time I felt this: _____

I Inner pressure

The voice in your own head: "If I say no, they'll drop me." Fear of missing out or being left out.

A time I felt this: _____

Pressure check: 3 questions before I decide

1. Is it safe? (for my body, my future, my privacy)
2. Is it fair to other people, or does someone get hurt?
3. Does it fit the person I want to be, or am I doing it just to fit in?

If any answer is no or not sure, it is okay to pause, say no, or leave.

My body's pressure signals (circle or add):

Hot face	Fast heart	Stomach knot
Laughing along	Freezing up	Wanting to leave

Other: _____

The kind of pressure I find hardest to say no to, and why:

_____

_____

Three words for who I am at my best: _____

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My Refusal Plan

Pick the moves that sound like you. Practice the words out loud before you need them.

Name: _____ Date: _____

1 Say no clearly

"No thanks, I'm good." Short, calm, eye contact.

My words: _____

_____

2 Give a reason, or don't

"I have a game tomorrow." A reason helps, but no is enough.

My words: _____

_____

3 Broken record

Repeat the same calm line: "No thanks." "Still no."

My words: _____

_____

4 Suggest something else

"Nah. Want to get food instead?"

My words: _____

_____

5 Make an exit

"I have to go." Then actually go. Walk toward a friend.

My words: _____

_____

6 Use a backup

Text a code word to a trusted adult, or say "My mom would kill me."

My words: _____

_____

My backup plan

A friend who will stand with me: _____

A trusted adult I can text or call: _____

Our code word (means "come get me, no questions now"): _____

A situation I want to plan for: _____

_____

Tip: saying no to the idea is not saying no to the person. "I'm not doing that, but I'm still in for Friday."

Practice script (role play it with a friend or adult)

They say: _____

I say: _____

If they push again, I say or do: _____

How I will feel afterwards: _____

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Pressure Moments Log

Notice pressure moments this week. Every entry is practice, even the ones that went badly.

Name: _____ **Date:** _____

Day	What happened, who was there	Type D / U / O / I	What I did	Next time I'll try
___		☐ D ☐ U ☐ O ☐ I Felt 0 to 10: ___		
___		☐ D ☐ U ☐ O ☐ I Felt 0 to 10: ___		
___		☐ D ☐ U ☐ O ☐ I Felt 0 to 10: ___		
___		☐ D ☐ U ☐ O ☐ I Felt 0 to 10: ___		
___		☐ D ☐ U ☐ O ☐ I Felt 0 to 10: ___		
___		☐ D ☐ U ☐ O ☐ I Felt 0 to 10: ___		

You never have to handle danger alone. If you or a friend might be thinking about suicide or self harm, in the US call or text 988 any time, or text HOME to 741741. If someone is in immediate danger, call 911. For help with alcohol or drugs, the SAMHSA National Helpline is free and confidential at 1-800-662-4357. If an adult is pressuring you, or someone is pressuring you to send photos, tell a trusted adult right away.

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