PEER INFLUENCE & SAFETY - ASSERTIVENESS TRAINING & SAFETY PLANNING

# Teen Peer Pressure & Safe Exit Protocol

A collaborative code-word system and assertive script for refusing vaping, substances, and high-risk peer situations without social embarrassment.

HOW TO USE: Complete each step in your own words. Short answers are enough.

**Participant Name:** _____ **Date:** _____ **Target: 20m**

## 1 ESTABLISH THE SECRET CODE-WORD (THE X-PLAN)

Agree with parents on a single, innocent text code (e.g., 'Did you feed the dog?' or letter 'X') that means: 'Call me immediately with an urgent family excuse to pick me up.'

*PRACTICAL TIP: Agree on a simple code and practise what each person will do. Keep a direct way to contact a trusted adult too.*

## 2 CRAFT YOUR 'BLAME MY STRICT PARENTS' SCRIPT

Practice delivering the boundary: 'My dad tracks my GPS and he is already calling' or 'If I get caught, I am grounded from football for a month.'

*PRACTICAL TIP: Shifting the blame to parents protects your social standing while keeping you safe.*

## 3 THE 2-MINUTE PHYSICAL EXIT STRATEGY

Excuse yourself to the bathroom, text the code word, drink a glass of water, and move calmly toward the pre-agreed pickup point without starting arguments.

*PRACTICAL TIP: Never debate or lecture peers when refusing substances; exit smoothly and quietly.*

## 4 AGREE ON WHAT HAPPENS AFTER A CALL

Agree ahead of time how the parent will respond if the teen asks for help leaving. Talk later only when both feel ready.

*PRACTICAL TIP: A calm, dependable response can make it easier to ask for help. Avoid promising that one script works for everyone.*