

# Stand Up to Pressure

## TRUST YOUR INSTINCTS:

While driving with a friend can be fun, it's a serious responsibility. When a teen driver has just one other teen passenger in the car, the risks of having a fatal crash doubles. Now, we're sure that you don't agree with your friends about every single thing, right? Just take a look at their outfit choices. It's OK to agree to disagree, especially when it comes to the choices you make behind the wheel. Trust your instincts! We know that after spending time on this site and spending quality time learning best practices behind the wheel, that you will be qualified to make your very own decisions—the right decisions.

As a teen, you will be faced with all types of pressure to fit in. Pressures behind the wheel, too. It's not always easy to have friends pressuring you. It helps to listen to your gut. Get comfortable saying “no” and think through some possible scenarios in advance. Talk to your parents about the best way to respond when you feel embarrassed about an uncomfortable situation that is happening in front of your friends. You could agree on a code word<sup>1</sup> that would indicate you're in a sticky situation and need their help. Just text them the code and they'll know their help is needed. Your parents want you to be safe, so they'll work with you to create alternative solutions for when you're with your friends.

## SET TRENDS:

Be the trendsetter and say no to drinking and driving. Standing up to pressure is cool. You have the power to make good choices. What if you have the power to make drinking LESS popular this year? Texting and driving is also lame (and dangerous). Saying NO to texting and driving will also empower you. Be the pioneer!

Lastly, aim to have friends who are both cool AND responsible. Choose your friends as carefully as you choose your wardrobe and your taste in music because there's nothing less cool than friends who could put your life and others in danger. Don't be afraid to speak up and voice your opinion.

**True friends will listen and understand when you don't feel comfortable in a situation.**

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<sup>1</sup>Picard, Caroline. Why Code Words Are Key to Your Family's Safety. New York, NY: Good Housekeeping, April 10, 2017. <https://www.goodhousekeeping.com/life/parenting/news/a43654/family-code-words/>