

# Peer Pressure & Boundaries: Laying the Groundwork



# Recognizing Discomfort & Finding Their Voice



## Tuning In to the Body

Help kids notice how their body reacts when something feels off – especially in social situations.



## Ask Sparking Questions

*"What did your tummy feel like when \_\_\_ happened?" or "Did that feel fun or uncomfortable?"*



## Simple Language to Use

Give kids phrases like *"No thanks," "I don't want to," or "I don't like that game, let's play something else."*

# Understanding Peer Pressure at This Age



## Fitting In

Around ages 6–8, kids become very aware of what peers think and may go along with things just to stay included.



## Subtle Pressure

Peer pressure at this age can be subtle – a child may say "yes" when they mean "no," or stay quiet when they want to speak up.



## Come to a Grown-Up

If someone says *"Don't tell"* and it feels confusing or uncomfortable, it's always okay to come to a trusted adult.



## Self-Advocacy

These phrases don't require a big explanation – they give kids a way to advocate for themselves in the moment.



## Building for Age 10

This groundwork prepares children for when peer pressure typically intensifies, around age 10.

# Practicing Skills & Building Confidence



## Role-Playing

Practice what to say during uncomfortable moments using scenarios relevant to your child.



## Firm Voice

Practice using a firm, confident voice – it's one of the key tools for standing up to pressure.



## Social Charades

Use games like social charades to make practicing boundaries fun and natural.



## Praise Boundary-Setting

When your child sets a boundary – even a small one – notice it out loud: *"You noticed that didn't feel right, and you spoke up. That takes courage."*



## Model Everyday Language

Use phrases like *"You're allowed to say no without being mean"* and *"You don't have to go along with something that feels wrong."*

# Key Takeaways for Caregivers



## Plant Seeds Early

Everyday language and conversation plant seeds that help children resist peer pressure before it gets harder.



## No Need for Perfect

You don't have to get it perfect or teach it all at once. Starting the conversation is what matters most.



## Lifelong Tools

These early foundations give children tools they'll use for years to come when facing peer pressure.



## Validate & Build Trust

Questions that call out uncomfortable moments validate your child's experience and build social awareness and self-trust.



## Your Ollie Team

If you want to talk more about this topic, reach out – your Ollie team is here to support you.

# References

- References: American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Children's Hospital of Philadelphia (CHOP), Children's Hospital Colorado, Boston Children's Hospital, Child Development Journal.