



Dignity Worksheet

Dignity means that you live a life that is worthy of respect. As a young person, you can begin to develop dignity by saying no to peer pressure and unhealthy habits. Complete the worksheet below by having a discussion with a parent or family member.

What Type(s) of Negative Peer Pressure do kids my age experience?

What should I do if I am faced with Negative Peer Pressure?

What is one unhealthy habit that I have?

How am I going to get rid of that unhealthy habit?
