

# WHAT IS PEER PRESSURE?



Peer pressure is when someone your age or a group of people tries to influence you to do something. It can be to say, do, or believe something that you might not choose on your own.

Sometimes peer pressure can be positive, like encouraging you to try your best. But other times, it can make you feel uncomfortable or push you to do things that don't feel right.

## POSITIVE PEER PRESSURE

When friends encourage each other to make good choices and be the best version of themselves.



### Examples:

- Studying for a test
- Being kind to others
- Trying a new hobby
- Eating healthy

## NEGATIVE PEER PRESSURE

When friends try to convince you to do something that could be unsafe, unhealthy, or against your values.



### Examples:

- Skipping school
- Bullying or being mean
- Trying drugs or alcohol
- Breaking rules

## HOW PEER PRESSURE CAN AFFECT YOU



- ★ You might feel worried, stressed, or pressured.
- ★ You might do something you later regret.
- ★ It can affect your self-esteem and confidence.
- ★ It can make it harder to make choices that are right for you.

## WHAT CAN YOU DO?



### Know Your Values

Think about what's important to you. Let that guide your choices.



### Choose Good Friends

Surround yourself with people who respect and support you.



### Speak Up

It's okay to say "no" and stand up for what you believe in.



### Get Support

Talk to a trusted adult if you're feeling pressured or unsure.



### Think Ahead

Think about the possible outcomes before making a decision.

## Remember:

You have the power to make your own choices. You are strong, smart, and in control of your future!

### UNDERSTANDING PEER PRESSURE



Your friends want you to pretend to be sick to skip school.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to sneak candy into the movie theater.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to go into a haunted house even though you're scared

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to engage in vandalism.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to lie to a teacher.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to pretend to be someone else online.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to prank call someone.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to make up a story to get out of trouble.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to cut in line at a theme park.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to sneak into a concert without paying.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to skip a family event to hang out with them.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to steal someone's lunch money.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to sneak into a restricted area.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to skip church to do something else.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to dress in a way that goes against your values.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to bully someone at school.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to spread rumors about a classmate.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to copy someone else's work.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to skip doing your homework.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to ditch your siblings in a public place.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to skip practice for your favorite sport.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to join a gang.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to join in a prank that could harm someone.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to watch a movie that is not appropriate for your age.

What could you do instead?  
What could you say to them?

**UNDERSTANDING PEER PRESSURE**



Your friends want you to vandalize property.

What could you do instead?  
What could you say to them?

**UNDERSTANDING PEER PRESSURE**



Your friends want you to post mean comments on social media.

What could you do instead?  
What could you say to them?

**UNDERSTANDING PEER PRESSURE**



Your friends want you to lie to your parents.

What could you do instead?  
What could you say to them?

**UNDERSTANDING PEER PRESSURE**



Your friends want you to make fun of someone.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to exclude someone from your group.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to shoplift from a store.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to skip school with them, but you know it's wrong.

What could you do instead?  
What could you say to them?

### UNDERSTANDING PEER PRESSURE



Your friends want you to cheat on a test with them.

What could you do instead?  
What could you say to them?