



Peer Pressure

Think for a Moment:

Has a friend every told you to try something because "everybody's doing it" and you will only be cool if you try "it" too?

If you answered "yes" then you have encountered PEER PRESSURE.

So what exactly is Peer Pressure?

Peer Pressure is a social influence put forth on an individual by others in order to get that person to act or believe in a similar way

Who is Affected by Peer Pressure?

Kids, Teens, Adults, Moms, Dads, Teachers, Principals, Males, Females, Brothers, Sisters, and anyone else you can think of have all at one time been affected by Peer Pressure in one way or another.

Peer Pressure isn't always negative!

Peer Pressure can be positive if your friends are encouraging you to partake in positive activities including sports, academics, clubs, and promoting positive self-esteem.

Ways Students can help CONQUER Peer Pressure:

- Be an Individual
- Just Say NO!
- Remember That Just Because Everyone Else is Doing "It" Doesn't Mean You Have to
- If Something Doesn't Make you Comfortable Say So
- Talk to your Parents or Teachers
- Be a Leader and Set Good Examples

Ways Parents can help CONQUER Peer Pressure:

- Keep Communication Lines Open
- Practice Peer Pressure Scenarios
- Listen to your Child's Perspective
- Keep Inviting Your Child into Your Life
- Think Beyond Punitive Responses

Parents Remember: It is never too early to discuss Peer Pressure with your children. Encourage them to be individuals and not be afraid to JUST SAY NO!

Green Island Union Free School District

Peer Pressure 101

- > What is Peer Pressure?
- > Who is Affected by Peer Pressure?
- > Peer Pressure Isn't Always Negative
- > How can we CONQUER Peer Pressure?

Contact Us:
273-1422 x. 2008

Kendell Hardy, LCSW
School Social Worker
khardy@greenisland.org

Maria Westbrook
MSW Social Work Intern