

**SURVIVING
PEER PRESSURE:
You Can Do It!**

SURVIVING PEER PRESSURE: YOU CAN DO IT!

CREDITS

EXECUTIVE PRODUCERS

Anson W. Schloat

John G. Young

PRODUCER

Dutch Doscher

TEACHER'S RESOURCE BOOK

Barbara Christesen

Copyright 2005
Human Relations Media, Inc.

SURVIVING PEER PRESSURE: YOU CAN DO IT!

TABLE OF CONTENTS

Introduction	1
Learning Objectives	2
Program Summary	3

STUDENT ACTIVITIES

1. Pre/Post Test	7
2. Video Rewind	9
3. Definitions	11
4. Make a Plan	12
5. Peer Pressure Log Book	13
6. What Are the Consequences?	14
7. Giving Advice	15
8. Fitting In	17
9. Self-Assessment	18
10. Your Parents	19
11. True Tales	21

FACT SHEETS

1: Peer Pressure Bag of Tricks	22
2: How Peer Pressure Works	23
3. Strategies for Dealing with Peer Pressure	24
4. Positive Peer Pressure	25
5. A Teen's Bill of Rights	26
6. Peer Pressure Statistics	27
7. Bibliography	28
Other Programs from Human Relations Media	29

Everyone faces peer pressure at one time or another. It is not uncommon to want to be part of a group and feel like we “belong” in a community. Most people want to be accepted by their peers—the people they consider their equals, whether they are friends, co-workers, teammates or neighbors. But for adolescents and pre-teens, peer pressure is a stronger influence than at any other time in their lives. Just as young people are beginning to work toward independence from their parents, they are also struggling to be part of a group that will help provide security and give them a sense of their own identity. They are more vulnerable to peer pressure at this time than they will ever be again.

Very often, peer pressure can be a positive force in a young person’s life. Peers can influence one another to do well in school, encourage involvement in sports and other extracurricular activities, help with decision-making and problem solving, and provide a source of support and encouragement to one another. However, when giving in to peer pressure results in betraying personal beliefs and values, peer pressure becomes a negative force. It can lead teens to cut class, lie to their parents, try cigarettes or alcohol, and do a variety of other things that they would normally consider to be wrong.

Why do kids give in to peer pressure? Some do it because they want to be liked, to “fit in,” or because they worry that other kids might make fun of them or bully them if they don’t go along with the group. Some may go along because they are curious to try something new that others are doing. Constantly hearing the phrase “everyone’s doing it” will often influence kids to go against their better judgment, leave their common sense behind, and jump into a situation they will later regret.

The program *Surviving Peer Pressure: You Can Do It!* was created to help young people understand that the desire to fit in with a group can sometimes lead a person to inappropriate behavior, but that there are strategies they can follow to avoid finding themselves in this predicament. The video and the activities in this Teacher’s Resource Book will help students to recognize different types of peer pressure and learn ways to deal with each one successfully. The program encourages young people to take a good look at their interactions with their peers, to remove themselves from any situations that may result in damage to their own self-esteem, and to have a plan for avoiding harmful situations in the future.

LEARNING OBJECTIVES

After watching the video *Surviving Peer Pressure: You Can Do It!* and participating in the class activities included in this Teacher's Resource Book, your students will be able to:

- understand what peer pressure is
- learn that peer pressure can be very subtle and not always easy to recognize
- recognize that peer pressure can cause irresponsible behavior
- realize that there are effective strategies that can be used to avoid being influenced by peer pressure
- learn how to choose their friends wisely
- understand that using alcohol can lead to serious problems for teens
- recognize that peer pressure can be both a positive and a negative force
- understand how being in a group affects their behavior
- describe some of the possible consequences of going along with the crowd
- know that the hardest aspect of peer pressure is the pressure a teen feels from within
- recognize when they are exerting pressure on others

As the program opens, viewers see young people talking to the camera. Each one makes a brief statement about his or her own experiences with peer pressure. Five strategies for dealing with peer pressure are introduced. The strategies are: Learn to recognize peer pressure; listen to what your inner voice tells you; talk to someone outside the group; imagine that your parents can see you; and finally, ask yourself if it's worth the risk. The final character is Mr. Carson, a teacher who acts as narrator for the video. He explains that peers can be both a good and bad influence and that recognizing peer pressure is the first step toward surviving it.

The title *Surviving Peer Pressure: You Can Do It!* appears on screen and four scenarios subsequently unfold. In the first scene Ryan, Justin and Reno are playing basketball. During a break they discuss a test being given at the end of the week. Because of a conflict in his schedule, Justin is taking the test a day ahead of the others. Reno says he is afraid he will fail the test, and that will keep him from playing on the basketball team. Justin tells Reno to study, but Ryan has another idea. He suggests that since Justin is taking the test the day before, he could call Reno and tell him what questions are on the test. Justin quickly refuses but Ryan and Reno keep after him. They tell him it's not really cheating, it's more like helping a friend study. Justin is troubled.

In the next scene Reno and Justin are studying for the test. Reno again suggests that Justin help him by telling him the test questions ahead of time. Justin expresses fear of getting caught and Reno assures him that he will never tell. He also tells Justin that he would do anything to help him. Justin looks at the camera and tells how Reno's pledge of friendship really got to him. Then the camera cuts to Mr. Carson in his classroom. Mr. Carson explains that Reno was manipulating Justin by trying to make him feel guilty for not going along with his idea, and explains that this is a form of peer pressure.

On Thursday Justin takes the test and hands his paper to Mr. Carson. The teacher asks Justin to sign a statement promising not to discuss the test with anyone. Justin is in turmoil as he signs the statement and pledges his integrity. That night Reno calls him and asks what was on the test, and Justin gives in and tells him. Justin explains to the audience that they both lived to regret it because Mr. Carson figured out that the boys had cheated. Reno appears on camera and says that they both got an F and he got thrown off the team. He feels bad about what he made Justin do, saying that they both lost some self-esteem. The camera cuts to Mr. Carson who says that the whole problem could have been avoided if Justin had known about the five strategies for resisting peer pressure.

On-screen graphics invite the teacher to pause the tape for discussion:

Do you agree with Ryan that you have to help a friend, even if it means doing something wrong? Why, or why not?

Why do teens often not recognize peer pressure?

What role does self-esteem play in peer pressure situations?

The next scenario begins with Nicki, Emily and Maya walking out of school. Katie, who is trying to make friends with them, comes along and they all sit on the grass together. Realizing that Katie is eager to please them and is also very naïve, Nicki seems to get a kick out of teasing her in a mean way. She admires Katie's shirt and asks if she can borrow it. Hesitantly, Katie agrees to bring her the shirt the next day. Maya and Emily act as though they think this is funny. Emily tells viewers that she actually felt a little funny about what Nicki was doing, and Mr. Carson adds that if Emily had listened to her inner voice things could have been different.

A few days later the girls are together again and Nicki is wearing Katie's shirt. Katie tells her it looks good on her and Nicki asks if Katie will sell her the shirt. At first Katie refuses, but Nicki keeps badgering her and offers to pay her more than the shirt actually cost. Finally Katie gives in. Emily tells viewers that her inner voice was telling her to make Nicki leave Katie alone, but she didn't listen to it. Mr. Carson adds that Emily ended up regretting this.

Several days pass and Katie is seen asking Nicki for the money she owes her for the shirt. Nicki says that she forgot and that she'll bring the money next week. Katie is disappointed because she wants to buy another shirt while the store still has them. Emily and Maya are stunned that Nicki is not paying up. Weeks pass and Nicki keeps "forgetting" to pay Katie. By this time Maya and Emily know that what she's doing is wrong but they don't know what to do about it.

Finally Emily decides to talk to her friend Tarik, who is not part of the group. Tarik tells Emily that Nicki is really being mean and that Emily and Maya should tell her to cut it out. Emily is concerned that Nicki might get mad, but Tarik says that if she does, she'll get over it. Mr. Carson explains that peer pressure can exist without anything being said and reiterates the importance of talking to someone outside the group.

Emily and Maya confront Nicki and tell her to stop being so mean to Katie. When Nicki says it is just a joke they tell her it's not funny anymore, and that she needs to pay Katie for the shirt. Nicki reluctantly agrees. In the next scene she throws the used-looking shirt on Katie's desk and tells her she changed her mind and doesn't want to buy it after all. Emily is not exactly happy about the way Nicki returned the shirt, but soon finds that Katie has her own way of straightening things out. She confronts Emily and tells her that she doesn't want to be friends with her and Maya because they went along with Nicki's meanness, and then walks away. Emily feels bad about losing Katie as a friend and regrets that she didn't listen to her inner voice before things went too far.

On-screen graphics invite the teacher to pause the tape for discussion:

Do you think teens are more likely to do something in a group that they wouldn't do when on their own? Why, or why not?

Why do teens sometimes not listen to their "inner voice?"

How does taking time out and talking to someone outside the group support teens to make better decisions?

Nando introduces the next scenario by saying that peer pressure can come from within, and recalls the time he felt indebted to Ryan for helping him out. The scene shifts to the library, where Nando is telling Ryan that he has to write a report and doesn't know how to do it. Ryan offers to help him, and gives Nando advice on how to do research. Nando gets an A on the report—his first A ever—and is so grateful that he tells Ryan to call on him if he ever needs a favor. He soon regrets making this promise.

Next, Ryan, Nando and Nayda are together when Ryan discovers that the batteries in his Discman are dead. He has no money to buy more batteries, and neither do his friends. So Ryan suggests that Nando go into the store and steal some batteries for him. Nando is shocked at the idea. He speaks to the camera and tells viewers that it was against everything his parents had taught him about good character. Mr. Carson also speaks to viewers and recalls another one of the five strategies: Imagine that your parents can see you. He points out that, when friends call in a debt like that, it's definitely not fair. No one is ever obligated to break the law in order to repay a favor.

Ryan keeps pressuring Nando to steal the batteries, reminding Nando that he owes him a favor. Nayda seems to agree with Ryan. Driven by feelings of guilt and obligation, Nando goes into the store and steals the batteries. Quickly, the store owner grabs him. Then Nando is seen speaking to the camera and telling viewers that he had to go to court, his parents didn't trust him anymore, all the kids at school are talking about him, and he feels like a total loser. Mr. Carson also reminds viewers that Nando could have avoided the whole problem if he had followed some of the strategies for handling peer pressure.

On-screen graphics invite the teacher to pause the tape for discussion:

**Do you agree with Nando that peer pressure also comes from inside you?
How does that happen?**

What might have happened if Nayda hadn't supported Ryan's request?

Is it ever okay for a friend to ask another friend to break the law? Why or why not?

In the final scenario, Ryan, Nayda and Sean are in the park. They decide to have an end-of-term celebration before Nayda goes off to leadership camp. They'll get everyone to meet at the park on the last day of school, and everyone will bring something. Sean suggests bringing charcoal and hot dogs. Ryan adds that they should bring some beer. Nayda and Mr. Carson speak to the camera about "one-upmanship", that is, one teen trying to outdo the other to show off. Mr. Carson says that the kids should have tried the fifth strategy, "Ask yourself if it's worth the risk."

Ryan acknowledges that no one would sell him beer, but then he goes one step further. Since he works at his uncle's liquor store, he can bring a bottle of vodka. Sean realizes he has been outdone and resigns himself to bringing the hot dogs; Nayda will bring chips and cookies.

The next scene shows the three teens, along with others, having a party in the park. Sean and Ryan are trying to hide the vodka they are drinking; they are both getting drunk. They give some vodka to Nayda, and she eventually passes out. Katie comes along, sees Nayda passed out, and asks what's wrong with her. Sean and Ryan drunkenly wave the vodka bottle and tell Katie that Nayda had too much. Katie asks Sean for his cell phone and he gives it to her without thinking. Then he asks her who she's calling. Katie replies that she's calling 911 and the boys panic. They tell her she can't call the police or they will be arrested. Katie tells them that Nayda could die, and proceeds to call 911.

Next, the ambulance is on the scene and Nayda is being taken to the hospital. A police officer questions Sean and Ryan about where they got the vodka. The boys refuse to answer and the police officer announces that everyone at the party is being arrested and their parents notified. Nayda tells viewers that she would have died if Katie hadn't called 911 when she did. She was grounded all summer and never got to leadership camp. Now, when her friends want her to do something that she doesn't think is a good idea, she asks herself "Is it worth the risk?"

She and Mr. Carson reiterate the importance of using the five strategies that were mentioned throughout the filmstrip. Then, one by one, the main characters in the video appear onscreen and list the strategies. As they speak, the words scroll down the screen:

1. Recognize peer pressure. Recognize manipulation. Keep your antenna up.
2. Consider what effect the group is having on you, and listen to your inner voice. It's almost never wrong.
3. Take time out and talk to someone outside the group. Get a clearer picture of what's going on.
4. Imagine that your parents can see you. Think about what they would say, or do, if they knew.
5. Ask yourself: "Is it worth the risks?" Think it through. Consider the possible consequences.

The camera cuts quickly to the important point in each scenario as Justin, Nando, Nayda and Emily make brief closing statements to the viewers.

STUDENT ACTIVITIES

Name: _____

Pre/Post Test

1. **TRUE or FALSE:** You can always tell when you are being pressured by your peers. _____
2. **TRUE or FALSE:** Peer pressure can often be a positive thing. _____
3. **TRUE or FALSE:** The amount of self-esteem a person has will not affect the way he/she deals with peer pressure. _____
4. **TRUE or FALSE:** True friends are never mean to one another, only to people outside their group. _____
5. **TRUE or FALSE:** Peer pressure can exist without anything actually being said. _____
6. **TRUE or FALSE:** Discussing your problems with someone outside your immediate group is a betrayal of your friends. _____
7. **TRUE or FALSE:** When you promise to return a favor, you are obligated to do whatever is asked of you even if it means breaking the law. _____
8. **TRUE or FALSE:** Sometimes kids create their own peer pressure from within. _____
9. **TRUE or FALSE:** You can avoid peer pressure by planning for it in advance. _____
10. **TRUE or FALSE:** Peer pressure is strongly associated with drinking alcohol and abusing drugs. _____

Answers to this test appear on the next page.

Name: _____

Answer Key

1. **TRUE or FALSE:** You can always tell when you are being pressured by your peers. **FALSE**
2. **TRUE or FALSE:** Peer pressure can often be a positive thing. **TRUE**
3. **TRUE or FALSE:** The amount of self-esteem a person has will not affect the way he/she deals with peer pressure. **FALSE**
4. **TRUE or FALSE:** True friends are never mean to one another, only to people outside their group. **FALSE**
5. **TRUE or FALSE:** Peer pressure can exist without anything actually being said. **TRUE**
6. **TRUE or FALSE:** Discussing your problems with someone outside your immediate group is a betrayal of your friends. **FALSE**
7. **TRUE or FALSE:** When you promise to return a favor, you are obligated to do whatever is asked of you even if it means breaking the law. **FALSE**
8. **TRUE or FALSE:** Sometimes kids create their own peer pressure from within. **TRUE**
9. **TRUE or FALSE:** You can avoid peer pressure by planning for it in advance. **TRUE**
10. **TRUE or FALSE:** Peer pressure is strongly associated with drinking alcohol and abusing drugs. **TRUE**

Name: _____

Answer these questions after you finish viewing the video *Surviving Peer Pressure: You Can Do It!*

- 1.** Do you think Justin, Nando, Nayda and Emily gave in to peer pressure because they were generally weak persons? Explain your answer.

- 2.** What role did guilt play in Justin's decision to help Reno cheat on the test?

- 3.** How do you think Justin felt when he signed the honor pledge that Mr. Carson gave him?

- 4.** Do you think Nicki really liked Katie's shirt? What was so mean about the way she treated Katie?

- 5.** Do Maya and Emily deserve as much blame as Nicki for the way the situation turned out? Why or why not?

- 6.** What do you think of Katie's decision to break off the friendship with Emily and Maya, even though they were not the ones who actually hurt her?

This activity continues on the next page.

Name: _____

7. Do you think you would ever agree to break the law in order to repay a favor to a friend? Why did Nando agree to do it?

8. How do you think Nando's parents felt when he had to go to court for stealing? How would your parents feel if you did something like that?

9. Was it okay for Ryan to take a bottle of Vodka from his uncle just because he worked in the store? Why?

10. Why do you think Ryan and Sean thought it was fun to get Nayda drunk? Was it because they were bad human beings? How much was Nayda to blame for what happened?

Name: _____

Write your own definition of each term below. If you think the word has more than one meaning, write all the definitions you can think of. Compare your definitions with those of your classmates.

1. peer

2. peer pressure

3. manipulation

4. risk

5. strategy

6. self-esteem

7. consequences

8. inner voice

Name: _____

In the video, you saw four kids dealing with different types of peer pressure. Sometimes it's not easy to recognize peer pressure, or to know how you should react to it. Having an action plan in place might have helped the kids in the video.

How would you deal with peer pressure? Do you have an action plan? Use the space below to start developing your own action plan. If you need help coming up with ideas on how to respond, refer to the *Strategies for Dealing with Peer Pressure* fact sheet.

1. If I was feeling guilty for not helping a friend cheat on a test, I would:

2. If my friends were telling me to do one thing but a little voice inside me was saying no, I would:

3. If I owed a friend big-time, but the favor he wanted in return was illegal, I would:

4. If all my friends were experimenting with drugs and they wanted me to go along with them, I would:

5. If my best friend was treating someone else very badly, I would:

6. If I needed to talk to someone older than me, the adults I would go to are:

7. If I needed to talk to someone my own age, the friends I would go to are:

Name: _____

ACTIVITY 5
PEER PRESSURE LOG BOOK

When it comes to dealing with peer pressure, how are you doing? Keep a daily record for an entire school week. Learn to pay attention to the small things that happen during your day. At the end of each day, ask yourself the questions listed in the left column. You may write out your answers in diary form on one or more separate sheets of paper.

	DAY 1	DAY 2	DAY 3	DAY 4
How did I resist peer pressure today?				
How did I give in to peer pressure today?				
How can I deal with peer pressure tomorrow?				
Did I try to pressure any of my peers today? Explain.				
Did I make someone do something he/she didn't really want to do? Explain.				
How do I feel about myself right now?				

Name: _____

WHAT ARE THE CONSEQUENCES?

When you are trying to decide whether or not to go along with your friends, you should consider all the risks involved in what they want you to do. For each action listed below, write down three possible consequences of that action.

ACTIONS	CONSEQUENCES
1. Having your body pierced	
2. Shoplifting	
3. Bullying someone	
4. Cutting class	
5. Shoplifting	
6. Smoking cigarettes	
7. Attending a party with much older kids	
8. Lying to your parents	

Name: _____

Imagine that different friends have told you about problems they are having with peer pressure and have asked for your advice. In the boxes below, write your suggestions on how each friend should handle the problem. Remember, you don't know any of the people involved, so your advice will be completely objective.

Question: My friend Tricia is having a party Friday night and she says her older brother is bringing a case of beer. My parents don't allow me to go to any party where alcohol is served, but all my friends are going. It's going to be a real blast and I don't want to sit home alone that night.

Question: I'm always being told that my clothes look frumpy, and that's why I don't have a boyfriend. I don't really want to wear the kind of clothes that the other girls wear—their skirts are too short, and their tops are too tight. I think they look sort of cheap, but I'm sick of looking like an oddball when I'm with them.

This activity is continued on the next page.

Name: _____

Question: My friends think it's cool to steal signs from the school property and hang them in their rooms. It seems like every week there's another sign missing from the building or the sports field. They even took some of the stop signs from the parking lot. I'm the only one who hasn't taken a sign and everyone is calling me a chicken.



Question: It seems like I'm always home studying while my friends are out having a good time. It's important to me to get good grades, but they don't seem to care—they just want to pass their courses. They're always telling me how boring I am, and it gets on my nerves. Maybe I should spend more time with them and a little less time studying. I could still pass my tests. What do you think?



Name: _____

Watching this video may have caused you to look more closely at how well you handle peer pressure. If you're concerned that you might give in to such pressure, take the self-assessment below to find out if you're at risk.

Use this scale to answer each question. Write the appropriate number in the box on the right.

1. Never **2. Sometimes** **3. Usually** **4. Always**

1. Do you make remarks about other kids' clothes, or about how they wear their hair?	
2. Do you feel unsure of yourself around your friends?	
3. Do you ever do things you don't want to do in order to please someone else?	
4. Do you worry that your friends won't like the way you are dressed?	
5. Do you feel that what your parents don't know about your activities won't hurt them?	
6. Do you ever ignore your conscience when deciding whether to take part in a group activity?	
7. Do you find it impossible to turn down a request from a friend?	
8. Do you ever stand by and say nothing when someone you know is teasing or bullying someone else?	
9. Are you willing to take great risks in order to be accepted?	
10. Do you make friends with people even though you don't like some of the things they do?	
11. Do you let friends copy your schoolwork or test answers?	
12. Do you ever feel that a friend really doesn't respect you?	
TOTAL (add up all the numbers in the right column):	

SCORING: If your total score is 18 or above, you may be easily swayed by peer pressure. Be on your guard and try to recognize peer pressure before it causes you to do something you may regret. If you need more help, talk with someone you trust about the problem.

Name: _____

It's possible that you might be so interested in pleasing other kids in your group that you might forget to think about how your actions would affect your parents. Many kids give in to peer pressure because they don't stop and think about what their parents would say if they knew what was going on. Visualizing your parents' reaction is sometimes all it takes to prevent yourself from giving in to negative peer pressure. Think about your parents—their beliefs, ideals, character, and morality, and the things they've taught you about right and wrong. Complete each statement below by writing what you think your parents would say to you in each situation.

What would your parents say if...

- 1.** Your teacher called and told them you had been caught cheating on a test?

- 2.** You announced at dinner that you would like to get a tattoo?

- 3.** You spent your entire allowance on a Ducky Boys shirt because all your friends were wearing them?

- 4.** They found a bag of marijuana hidden in your room?

- 5.** They picked you up after your friend's birthday party and noticed two beer cans on the front steps?

This activity is continued on the next page.

Name: _____

6. Your soccer coach told them that you resigned from the team three weeks ago?

7. They heard that you were seen smoking in the park?

8. Another parent told them that you stood by while your best friend bullied a younger kid?

9. They returned home from a friend's house to find that you had dyed your hair green?

10. The police called and told them you had been in a car accident and that the person you were riding with had been drinking?

Name: _____

In the video you saw examples of different types of peer pressure. You can probably think of many other examples by recalling your own experiences with peer pressure and asking your friends and relatives to share their stories with you.

Compile a folder of true stories about how you and other people you know were affected by peer pressure. You might want to set aside a separate page for each story. Follow the outline below for each person's story.

PEER PRESSURE PORTFOLIO

Name: _____

Personality Profile: (Write a brief description of what this person is like)

Type of peer pressure encountered:

Where did the pressure come from?

What was the person's reaction to this pressure?

What was the final outcome?

FACT SHEETS

Name: _____

**PEER PRESSURE
BAG OF TRICKS**

“Who needs you, anyway?”
“You’re such a baby.”
“It won’t hurt you.”

Have your friends ever used these lines on you? Did you give in, even though you didn’t want to? These are a few of the goodies in the Peer Pressure Bag-of-Tricks. The tricks include put-downs, rejections, and reasoning, as well as pressure without words, or unspoken pressure. Learn to spot the tricks. Being aware of the pressure is the first step to resisting it.

Rejection:

Threatening to end a friendship or a relationship. This pressure can be hard to resist because nobody wants to lose friends. Some examples of pressure by rejection are: *Who needs you as a friend anyway? If you don’t drink, we won’t hang out any more. Why don’t you leave if you don’t want to drink with us?*

Put Downs:

Insulting or calling a person names to make them feel bad. Some examples of put downs are: *You’re never any fun. You’re such a baby. You’re such a wimp. You’re so uncool.*

Reasoning:

Telling a person reasons why they should try something or why it would be okay if they did something they’re not sure they want to do. (Remember, nobody said these were good reasons.) Some examples of pressure by reasoning are: *It won’t hurt you. Your parents will never find out. You’ll have more fun.*

Unspoken Pressure:

This is something you feel without anyone saying anything to you. You feel unspoken pressure if you want to do the same things others doing. There are many unspoken pressure tricks.

- 1.** The Huddle: A group of kids standing together in which everyone is talking and maybe looking at something you can’t see, laughing and joking.
- 2.** The Look: Kids who think they’re cool give you a certain look that means we’re cool and you’re not.
- 3.** The Example: A group of popular kids decide to get the same backpack and you want one too.

Source: www.thecoolspot.gov/peer_pressure5.asp

Name: _____

Have you ever given in to pressure? Like when a friend begs to borrow something you don't want to give up or to do something your parents say is off limits? Chances are you probably have given into pressure at some time in your life.

How did it feel to give into pressure? If you did something you wish you hadn't, then most likely you didn't feel too good about it. You might have felt...

- sad
- anxious
- guilty
- like a wimp or pushover
- disappointed in yourself

Everyone gives in to pressure at one time or another, but why do people sometimes do things that they really don't want to do? Here are a few reasons:

- They are afraid of being rejected by others.
- They want to be liked and don't want to lose a friend.
- They want to appear grown up.
- They don't want to be made fun of.
- They don't want to hurt someone's feelings.
- They aren't sure of what they really want.
- They don't know how to get out of the situation.

When you face pressure you *can* stand your ground. Remember, you have a right to resist.

Source: www.thecoolspot.gov/peer_pressure5.asp

Name: _____

**STRATEGIES FOR DEALING
WITH PEER PRESSURE**

Teens often recognize peer pressure after the fact, when the damage has already been done. If you can recognize it up front, when it's happening, you've won half the battle. As you heard in the program, there are five basic strategies to help you deal with peer pressure:

1. Recognize peer pressure.

Recognize when you are being manipulated. Keep your antenna up for signs that someone is trying to make you feel guilty for not going along with something.

2. Listen to your inner voice.

Consider the effect the group is having on you. Listen to your conscience—the voice inside of you that tells you how you really feel about something. It's almost never wrong.

3. Talk to someone outside the group.

Talking to someone who is not involved in the situation will help you get a clearer picture of what's going on.

4. Imagine your parents can see you.

Think about what your parents would say, or do, or how they would feel, if they knew what you were doing. Imagining their reaction might be enough to stop you in your tracks.

5. Consider the risks.

Think it through and consider the possible consequences. Ask yourself if it's worth the risks involved.

Name: _____

Peer pressure is not always a bad thing. If enough kids get together, peers can pressure each other into doing what's right. Here are some examples of how peer pressure can make kids do positive things, such as:

tasting new foods

trying out for a sport

volunteering at a pet shelter

stopping a bully from picking on someone

reading a book

making friends with a new kid at school

joining a club after school

planning ahead for college

tutoring someone who needs help in math.

creating a really great science project

saying no to drugs, tobacco or alcohol

studying harder to make the honor roll

taking part in a Midnight Run to help the homeless

selling candy to raise money for a class trip

Name: _____

The following "Bill of Rights" may help you when you are facing pressure from your peers. You have the right to:

- ✓ Say no and mean it.
- ✓ Change your mind.
- ✓ Decide for yourself what you think is right.
- ✓ Be responsible for your own feelings.
- ✓ Trust a friend to keep a secret.
- ✓ Ask for what you want.
- ✓ Feel respected by your friends.
- ✓ Be forgiven when you make mistakes.
- ✓ Ask a friend for a favor.
- ✓ Leave a situation where you don't feel comfortable.
- ✓ Express your opinions, feelings, wants, needs, and desires.
- ✓ Be accepted just as you are.
- ✓ Expect loyalty from friends, even when times are tough.

New Survey: Teens Report Pressure to Engage in High-Risk Behaviors on Prom and Graduation Nights, Impacting Driving Safety

A 2005 survey found that many teens report pressure to engage in unsafe activities on prom and graduation nights—such as drinking and driving and driving carelessly. These activities are proven to increase a teen’s crash risk.

The survey, released in May 2005 by Chrysler Group’s *Road Ready Teens* program and partner Mothers Against Drunk Driving (MADD), was conducted as part of an innovative online public education effort to reach teens with critical messages about teen driving safety and underage drinking prevention.

The survey gauged perceived peer pressure, rather than asking teens directly if they plan to engage in these unsafe behaviors, because social norms are an indicator of how teens themselves will behave.

The survey found:

- 45 percent report pressure to drink and drive or ride with someone who has been drinking alcohol.
- Nearly three-quarters (74 percent) of teens surveyed report pressure to drink alcohol.
- 57 percent of teens report pressure to drive carelessly (like speeding).
- 49 percent of teens report pressure to use drugs.
- 48 percent of teens expect less than half of their peers will buckle up on prom and graduation night.

According to Mary Lamia, host of KIDTALK with Dr. Mary on Radio Disney. “When teens believe that their peers are engaging in a particular behavior, they are more likely to engage in that behavior themselves.

Source: www.roadreadyteens.org/PressRelease_5_10_05.html

Name: _____

Cherniss, Hilary and Sara Jane Sluke. *The Complete Idiot's Guide to Surviving Peer Pressure for Teens*. Alpha Books, 2001.

Gallo, Donald, Editor. *On the Fringe*. Speak, 2003.

Glass, George. *Drugs and Fitting In*. Rosen Publishing Group, 1998.

Locker, Sari. *Sari Says: The Real Dirt on Everything from Sex to School*. HarperCollins, 2001.

McGraw, Jay. *Life Strategies for Teens*. Fireside Press, 2000.

Peter, Val J and Tom Dowd. *Boundaries: A Guide for Teens*. Boys Town Press, 2000.

Spinelli, Jerry. *Stargirl*. Knopf, 2002.

Wickert Koubek, Christine. *Friends, Cliques, and Peer Pressure: Be True to Yourself*. Enslow Publishers, Inc., 2002.

WEBSITES

www.teenrelationships.org

A site for teens by teens that can help you make positive decisions about relationships.

www.teenadviceonline.org

Provides support for teens through a network of peers from around the globe.

www.friendship.com.au

Offers a diverse range of friendship information and the chance to make friends from other nations. (Content is monitored to ensure safety for younger viewers.)

www.iwannaknow.org

Answers questions about teen sexual health and their relationship to peer pressure.

www.teencentral.net

Professionally monitored, anonymous helpline website for teens and by teens.

TV PROGRAMS

In the Mix

Reality Television for Teens. National award-winning TV series for teens and by teens. Aired weekly on PBS. Check local listings.

Name: _____

OTHER PROGRAMS
FROM HUMAN RELATIONS MEDIA

<i>The Real Character/Real People Series: Citizenship</i>	video/print or DVD/print
<i>The Real Character/Real People Series: Courage</i>	video/print or DVD/print
<i>The Real Character/Real People Series: Empathy</i>	video/print or DVD/print
<i>The Real Character/Real People Series: Honesty</i>	video/print or DVD/print
<i>The Real Character/Real People Series: Perseverance</i>	video/print or DVD/print
<i>The Real Character/Real People Series: Respect</i>	video/print or DVD/print
<i>The Real Character/Real People Series: Responsibility</i>	video/print or DVD/print
<i>The Five Life Strategies of Successful Teens</i>	video/print or DVD/print
<i>Standing Tall: Learning Assertiveness Skills</i>	video/print or DVD/print
<i>Walk This Way: Exploring Tolerance, Diversity and Difference</i>	video/print or DVD/print
<i>In Search of Character (10 part series)</i>	video/print or DVD/print

Visit our website for detailed descriptions of the above programs.

Available from
Human Relations Media
41 Kensico Drive
Mount Kisco, NY 10549

Phone: 800 / 431-2050
Fax: 914 / 244-0485
Web: www.hrmvideo.com