



# TEENS & THE POWER OF PEER PRESSURE

Presented by Military & Family Life Counselors

# OBJECTIVES

- Defining Peer Pressure
- Why We Give in to Peer Pressure
- Understanding Peer Pressure
- Spoken vs. Unspoken Peer Pressure
- Peer Pressure Tactics
- Standing Up to Peer Pressure
- The Right to Resist
- Positive Peer Pressure



# INTRODUCTION

"Come on! ALL of us are cutting math." says the coolest kid in your class.

Do you go to math class, or do you give in and go with them?



# WHAT IS PEER PRESSURE?

- A peer is someone in your own age group.
- Pressure is the feeling that you are being pushed toward making a certain choice.
- Peer pressure is the feeling that someone is pushing you to make a certain choice you're not sure you want to make.



# GIVING IN TO PEER PRESSURE

- Have you ever given in to peer pressure?
- How did it feel?
  - If you did something you really didn't want to do, you might have felt . . . .
    - sad
    - anxious
    - guilty
    - like a wimp or pushover
    - disappointed in yourself



# WHY WE GIVE IN

- Why do people sometimes do things they really don't want to do?
- Sometimes people give in because they.....
  - are afraid of being rejected by others
  - don't want to be made fun of
  - don't know how to get out of the situation



# UNDERSTANDING PEER PRESSURE

## Knowledge is power

- Standing up to peer pressure requires understanding how it works.
- Learning to recognize the different ways people pressure others is the first step.



# SPOKEN VS. UNSPOKEN PEER PRESSURE

## Spoken:

- Someone says something directly to you that pressures you and makes it hard for you to say no.

## Unspoken:

- Feeling pressure to do something even when no one has said anything to you directly.





# UNSPOKEN PEER PRESSURE TACTICS

- Unspoken pressure is felt when you want to do the same things you see others doing.

## Unspoken Peer Pressure Tactics

- The Huddle
- The “Look”
- The Example



# SPOKEN PEER PRESSURE TACTICS

## Spoken Peer Pressure Tactics

- Put Downs
- Rejection
- Reasoning



# CAN YOU IDENTIFY THE PEER PRESSURE TACTIC?

See if you can figure out which type of pressure is being used in the following scenarios –

Put down

Reasoning

Rejection

Unspoken



# STANDING UP TO PEER PRESSURE

- Rehearse what you will say when you feel pressured
- Know where you stand on key issues like drugs, alcohol and sex
- Say no assertively
- Pay attention to your beliefs and feelings about what is right and wrong



# MORE WAYS TO STAND UP TO PEER PRESSURE

- Stand up for others
- Walk away from the situation
- Don't participate in pressuring others
- Don't give your power away to others
- Choose your friends wisely



# THE RIGHT TO RESIST

## **If someone is pressuring you to do something you don't want to do**

- You have the right to resist
- The right to say no
- The right not to give a reason why
- And the right to just walk away from a situation



# POSITIVE PEER PRESSURE

- Not all peer pressure is bad.
- Peers can pressure you into doing things you wanted to do, but didn't have the courage to do.
- Can you think of examples of positive pressure you and your friends have used to help each other?



# FRIENDS CAN PRESSURE EACH OTHER TO...

- Avoid drugs, cigarettes and alcohol
- Work hard in school
- Participate in sports, yoga, dance classes
- Eat healthier
- Respect others





# SUMMARY

- Peer pressure is when someone your age pushes you to do something you don't really want to do.
- Learning to recognize the different types of peer pressure tactics can help us avoid being pressured.
- You have the right to resist peer pressure.
- Those pressuring you will lose their power once you begin to stand up to them.
- Not all peer pressure is negative. It can also be positive and motivate us to do healthy and productive things.





**QUESTIONS?**

# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services
- Military and Family Life Counselors



# REFERENCES

- [www.thecoolspot.gov](http://www.thecoolspot.gov)
- [www.kidshealth.org](http://www.kidshealth.org)







**THANK YOU**

