

# Peer Pressure

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# What is Peer Pressure?

Peer Pressure is when you do something you know is wrong to try and fit in and want to feel accepted and valued by a crowd that's cool or popular.



## Why is Peer Pressure bad?

Negative peer pressure is bad because it can lead teens down a wrong path and they can get into bad habits. Also, if you're being peer pressured you end up in the wrong crowd searching for validation from the wrong people, which leads to mistakes you will regret later.

# Examples of Peer Pressure in my School Community

Some examples of Peer Pressure at my school is when kids are vaping and they have their friends do it, but they tell me they regret it afterwards. Also, when guys are called out to fight or to slapbox and if one of them won't, they call them names and make fun of them until they agree to fight.



# What can you do to make a difference?

A student can always walk away from a situation. It can be hard to do, so tell a staff member, a teacher or any adult when you see this happening or when you are experiencing it. Speaking up is a simple way to make a difference.

Not caring what people think and avoiding negative people can give you courage to stand up against peer pressure, give you peace of mind and make a difference in someone's life.

# This is What I'm doing to make a difference

I pledge to to take a stand against peer pressure and bullies by:

- Speaking up for those who are being bullied and peer pressured.
- Building my self confidence and believing in myself,
- Being a leader for change
- Not impressing other people or do what others say to feel good or accepted.

**What will you do to Rise against Peer Pressure?**