



Consequences of Peer Pressure

Materials:

- Worksheet

Brainstorm: Is all peer pressure negative? Accept responses. What are some examples of negative peer pressure? Accept responses. What are some examples of positive peer pressure? Accept responses.

Discuss: First, let's start with a definition of peer pressure. Peer pressure is influenced from people your own age upon how you act. So, by its definition, it's not necessarily positive or negative. And, as we've discussed, it can be a good thing, if for example, your friends encourage you to study and get good grades or get outside and get more exercise, eat healthier foods. It can also be a bad thing if your friends push you to try drugs, drink alcohol, steal or engage in sexual activities for which you do not feel ready. While most of us are influenced by our peers, there are 2 differences between teens and adults in how decisions are made. There seems to be some evidence that during the teenage years, adolescence tends to be more focused on immediate rewards and less so on possible consequences. The second difference is in the development of self control, which is a learned skill - you've just not had enough practice at controlling your impulses. So, as you mature, you tend to broaden to include the consequences more fully and you've had more experience in self control. These two things tend to change how impactful peer pressure is on an individual.

Dive in! The consequences of negative peer pressure can be serious and although friends might not intend for these outcomes, it's important to be aware that they can occur.

1. Confidence - peer pressure can affect your confidence and belief in yourself.
2. Academics - the pressure you feel from peers can impact your effort
3. Bad habit - peer pressure can influence you to make decisions that lead to bad habits
4. Pride (in self or family circumstances) - how your peer group views things like socio-economics or family circumstances can impact the pride you feel in yourself and/or your family
5. Lack of close connections- the influence of peers can drive a wedge between family and friends



High School

6. Safety - peer pressure can sometimes lead to self-harm or suicide

Let's look at some situations and you decide what the consequences might be.

Activity: Hand out the worksheet. Individually or in pairs, students will determine which consequences might apply in the scenarios provided. When they've completed the worksheet, review answers as a class.

Reflect: When I've experienced peer pressure, how have I been affected? How might I benefit from identifying how I am affected? Would that change how I think or what I do?

Extend and Enrich

Write a persuasive speech to convince a friend of something positive.

What words or phrases are used by peers to apply pressure? Make a poster

For Further Study

Norms and how they influence us.

<https://youtu.be/uME3JOM3W4k>

Professional Development

What sort of peer pressure do I face in my workspace? How does this pressure affect me and/or my work?