

# WHAT IS PEER PRESSURE?



Peer pressure involves a pressure to do something unsafe or damaging to yourself or others. Peer pressure happens when a peer (someone of a similar age to you) tries to make you do something you are not comfortable doing.

Continuous peer pressure is also bullying. 

It is healthy and normal to want to be part of a friendship group, it is a natural part of our development. Sometimes peer pressure can make you feel like you have to act like other friends in the group. You might join in bullying, or make wrong choices in school or in the community. Sometimes young people join in this behaviour because they feel that if they don't they might lose friends. It is important to know that although we feel pressured into making wrong choices sometimes, there are still consequences.

Setting healthy boundaries and staying true to your values is important within friendships!



If you are experiencing peer pressure within your peer groups, try talking to an adult you trust at home or at school. If that is difficult for you, you can visit the websites below for further help and support.



## MANAGING PEER PRESSURE IN SCHOOL

TOP TIPS

**Find your group!** - Take part in after school clubs/groups to get to know other people doing things you enjoy. Arrange a lunchtime club to begin to build friendships with other people in school.



**Stick with friends who share the same values** - Having friends who share your values and also don't want to do the same things as other friends, can make things easier. It's easier to say no to things together.



**Talk to your pastoral lead in school and let them know how you are feeling, if you are struggling to make friends or being pressured into something.. let them know, they can help!**

## MANAGING PEER PRESSURE IN THE COMMUNITY

TOP TIPS

### The 'Escape Plan'

You may feel more confident going out somewhere when you know you have an escape plan. Agree an 'emoji' with your parents/carers, so that when you send it to them they call you asking you to come home.



### Stay true to your values

Remember what is important to you. Sometimes when we experience pressure to be liked, we can lose sight of what truly matters. Stay confident about your choices.

### Think of the consequences before agreeing.

Try think of an excuse. It should always be ok to say no to something you don't want to do, but if it feels too difficult then you could think of an excuse you could use, like 'I need to be home soon'.



## MANAGING PEER PRESSURE ONLINE

TOP TIPS

### Think before sending

Whether its an image/message/video or comment - always think before you send. You may want to think "Do i mind if everyone sees this?" or if its an image/comment/message about someone else, you may want to think and try understand how it may make them feel.

### Taking part in Trends and challenges

If a peer group is pressuring you to take part in a trend/challenge online - think about your safety and wellbeing first. It can be difficult to say no when there is a pressure to be liked by friends but it's important to think of the consequences of actions.

Online pressure can feel really difficult to manage, you may want to consider taking a break from your phone, muting chats, and speaking to an adult you trust to talk things through and get advice. Good friend's would not pressure you into doing something you don't want to do!

REMEMBER! →