

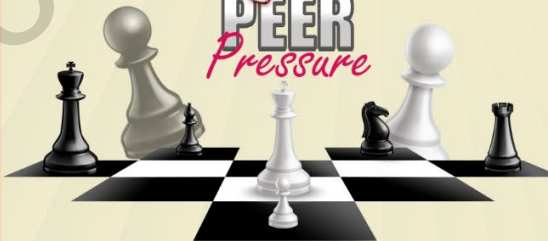
- Learn to set boundaries so that it can safeguard yourself from peer pressure
- Learn to say "NO" when you feel it's not correct or it's against your moral values.
- Share your fears and worries with someone who can be your support system. Don't give up before giving it a try.
- Spend time with people who respect your decisions and won't put unfair pressure on you. There are other people whom you can be friends with.
- Try to make new friends or join groups of similar thinking friends.
- Take a friend who supports you along if you are going to be in a pressure filled situation and let them know what your intentions are.
- Stand up for others when you see them being pressurized by others.
- Ask for support from parents or other trusted family members, or a counsellor, if you need to

handle stress arising out of peer pressure and deal with it effectively.

- When people or situations that make you feel pressurized are not avoidable, try the "delay tactics".
- When you can't avoid or delay a pressure filled situation, practice saying "No thanks" or "just NO!"
- If "no" feels uncomfortable, practice using other responses, such as "not today," "may be another time," or "Thanks, but I can't."



Dealing with Negative PEER Pressure



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 SCHOOL EDUCATION DEPARTMENT
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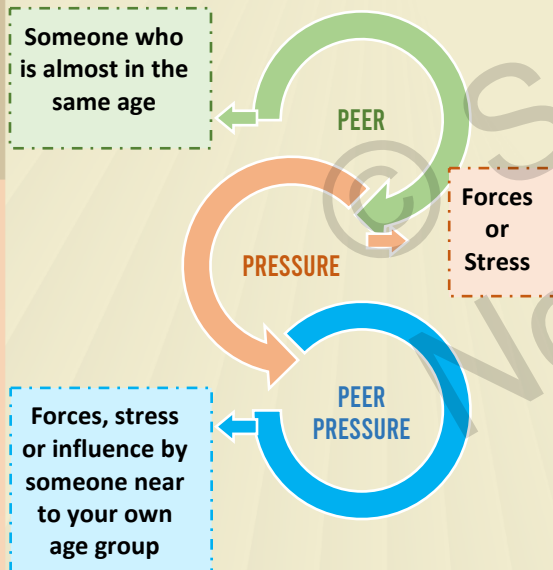
"HOW TO DEAL WITH PEER PRESSURE"

Ask yourself:

Have you ever found it difficult to say 'No' to your friends?

How many of you have ever experienced this kind of pressure in your life?

When we look into the meaning of these words separately, that is, 'Peer' and 'Pressure', we can easily derive the meaning of the whole word as below –



TYPES OF PEER PRESSURE:

Just as some influences can be negative, some can be positive too.

POSITIVE PEER PRESSURE:

Positive peer pressure would be a pressure on oneself where you will be forced to make a positive or progressive change. For example, when your friend gives tips on how to memorise difficult lesson as the way he has been practicing it.

NEGATIVE PEER PRESSURE:

Negative peer pressure is when the pressure from your own opinion and thoughts do not match with your age mates. For example, your friends indulge in an activity like picking on someone or teasing in group. You feel that it is not correct and hence you do not engage in those activities. Due to this, your friends start maintaining distance from you or force you to join them in this activity.

EFFECTS OF NEGATIVE PEER PRESSURE:



COPING STRATEGIES:

- Avoid people or situation that don't feel right and leave a situation that becomes uncomfortable.
- Have self-awareness of your own thoughts and opinion and accept it. Understanding your own moral and immoral values.