

PEER PRESSURE

What is it?

Peer pressure is the influence pushed by a peer/friend group on someone to fit in or conform with the group's norms and expectations. Peer pressure can have negative consequences for mental or physical health. You may face peer pressure to use tobacco products, drink alcohol, do drugs, or have sex. Know that you have the power to say no and resisting negative peer pressure and making better choices for yourself can help you feel good.¹



Social Media & Peer Pressure

Social media can play a huge role in our lives, and that can be good or bad. With everything that happens on social media, it can be difficult to resist the things we see other people doing, but we need to keep in mind that social media does not show the full picture. Just know that you do not have to engage in behaviors that match the "social norms" of valued and desired friend groups in order to receive praise or friendship. If you feel uncomfortable doing something, then just say no.



How to Handle Peer Pressure²

Here are some tips on how to deal with peer pressure:

- Stay away from peers who pressure you to do things that seem wrong or dangerous or against your own values
- Learn how to say "no" and practice how to avoid/get out of situations when you feel unsafe or uncomfortable
- Spend time with other people who say no. Having a friend who is always willing to say "no" is helpful
- Talk to an adult if you need to

