

# PEER PRESSURE

The good, the bad and the ugly





# PEER PRESSURE

## THE GOOD

- . Friendship
- . Positive role model
- . Advice
- . Encouragement
- . New experiences & socialising





# PEER PRESSURE

## THE BAD

- . Bully forced or bullied into doing something .....
- . Open pressure tell you what you should do .....
- . Subtle pressure suggest things .....
- . Pressure to be the same do the same as everyone else .....
- . Easy life easier to do the same as everyone else .....





# PEER PRESSURE

THE UGLY





# PEER PRESSURE

## WHAT TO DO



- . Listen to your instinct you know straight away if you want to do it or not
- . Plan for a situation you know what is likely to happen - plan to get out of it
- . Organise a 'bail out' plan a way to get out of a situation - need to meet my father at ....
- . Learn to say NO should be able to say NO to friends, perhaps add an excuse
- . Choose your friends carefully be with friends who don't always pressure you
- . Get help if the situation is dangerous get help



# PEER PRESSURE

SITUATIONS



Brainstorm

In pairs or small groups come up with the most common peer pressure situations.



# PEER PRESSURE

WHAT TO DO



Brainstorm

In pairs or small groups list 'excuses' that you have previously used to get out of pressure situation.