

PEER GROUP

A peer group is made up of individuals of approximately the same age and interests.



PEER PRESSURE

Peer pressure is when a person does something they normally would not do in order to fit into a group to impress them.

ADOLESCENCE AND PEER PRESSURE

- ☞ Teens look at peer groups to set rules for correct social behaviour.
- ☞ Many behave in ways the group approves of to feel they belong.



For more help, contact
Kid's Help Phone (under 18)
1-800-668-6868

Greater Sudbury Police Service



190 Brady Street
Sudbury Ontario
P3E 1C7

Phone
705-675-9171
9-1-1 for Emergencies

Fax
705-675-8871

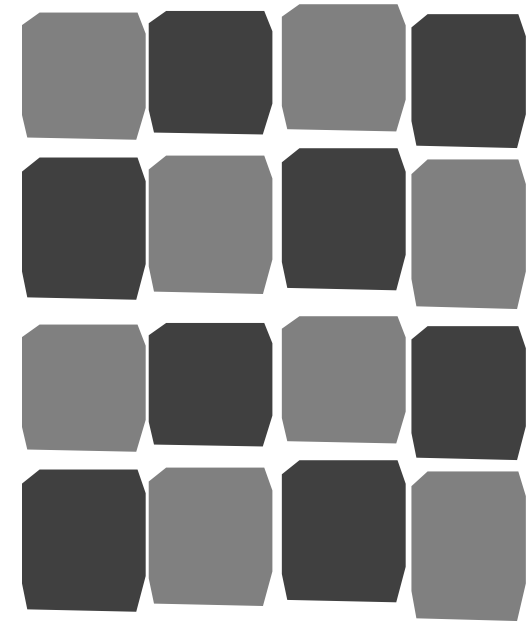
Website
www.police.sudbury.on.ca

To
anonymously
report a crime,
call Crime
Stoppers at
(705) 675-8477



**It's great to have
friends with values
similar to yours who
will back you up
when you don't want
to do something**

STAND UP FOR YOURSELF



PEER PRESSURE



POSITIVE PEER PRESSURE



- ☞ When you are being pushed into something positive that you didn't have the courage to do.
- ☞ When your friends convince you not to do something because it wasn't in your best interest.
- ☞ When you get pushed into something you didn't want to do but it turned out well for you.

BENEFITS

- ☞ Help you overcome fear.
- ☞ Motivation and confidence.
- ☞ You will avoid:
 - Breaking the law.
 - Getting into trouble with your parents.
 - Hurting your health.
- ☞ Socializing and getting good advice.

NEGATIVE PEER PRESSURE



- ☞ Being talked into something bad that you didn't want to do.
- ☞ Wanting to be accepted by your peers is usually the cause.

CONSEQUENCES

- ☞ It usually leads to doing something bad like:
 - Drugs
 - Alcohol
 - Smoking
 - Bullying
 - Fighting
- ☞ Causes trouble with the law.
- ☞ Affects your health.
- ☞ Causes low self-esteem from trying too hard to fit in.



WAYS TO DEAL WITH PEER PRESSURE

- ☞ Self-confidence is the key!
- ☞ Be yourself.
- ☞ Listen to your gut.
- ☞ Learn to say NO.
- ☞ Leave.
- ☞ Ignore.
- ☞ Choose your friends wisely.
- ☞ Stay away from peers who pressure you to do stuff you know is wrong.
- ☞ Be with people who feel the same way as you do.
- ☞ If the situation seems too dangerous, ask for help.
- ☞ Help a friend who is resisting peer pressure.

Our Community - Our Commitment