

Peer Pressure

THE OFFICIAL NEWSLETTER BROUGHT TO YOU BY THE MENTAL WELLBEING AMBASSADORS



Peer Pressure

What is it?

The influence exerted by a peer group on its individual members to fit in with or conform to the group's norms and expectations. Also known as peer-group pressure.



"Be true to who you are and proud of who you are becoming."

Causes of accepting Peer Pressure:

1. Desire to 'fit in'
2. Personal/social confusion and/or anxiety
3. Hormonal inconsistencies
4. A lack of structure at home
5. To avoid rejection and gain social acceptance

However, Peer pressure doesn't always have to be bad. There are positive peer pressure examples!

What does peer pressure look like?

There are many ways hows peer pressure take effect in day to day school life. For example:

1. Needing to hate on someone just because a close friend of yours do not like that person.
2. Not including an individual for social activities like P.E
3. The act of bullying someone to look "cool" in order to fit into a certain group of friends.
4. Pushing your friends to work harder in academics
5. Reminding your friend not to be lazy
6. Disapproving of negative behavior in school.
7. Convincing your friend not to skip any school days.

How to identify peer pressure?

Feeling Uncomfortable: when you feel uneasy or uncomfortable about doing something, but you're considering it because of your friends.

Change in Behavior: when you act differently or do things that you normally wouldn't do because of the influence of others

Changes in Self-Esteem: If you notice your self-esteem fluctuating based on the approval or disapproval of your peers.



How to overcome peer pressure?

Choose Your Friends Wisely: Surround yourself with friends who respect and support you for who you are.

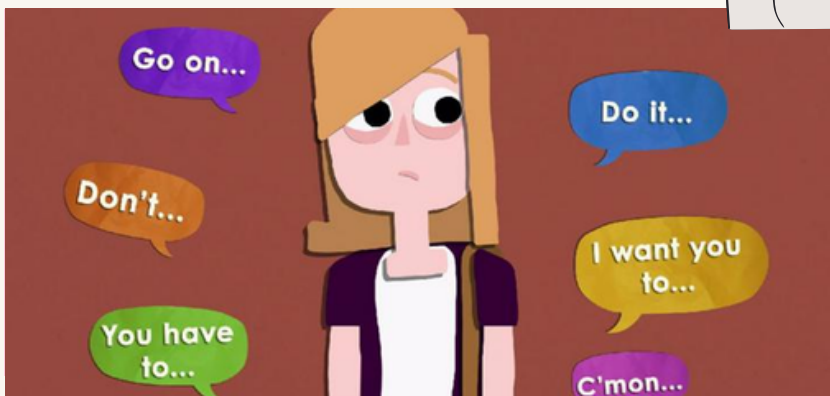
Find Support: Talk to a trusted adult, such as a parent, teacher, or counselor, about any peer pressure you're experiencing. They can offer guidance, support, and perspective.

Learn to Say No: Practice saying "no" assertively but respectfully. You don't need to justify or explain your decision to others if you're not comfortable with something.

Who to go to when unsure of what to do?

- Ms Geethanjali
- Your homeroom teacher
- Mental Health Ambassadors

WE ARE HERE FOR YOU!



The Mental Health Ambassadors
elc International School