

# Peer Pressure

Bishop David



# Positive Peer Pressure

- Peer pressure is not always negative.
- “Positive peer groups can mobilize a teen’s energy, motivate him or her to succeed, and encourage him or her lead a happy and healthy lifestyle”.
- In Church, peer pressure can be of positive influence to encourage youth to learn hymns, live a holy life, and grow spiritually
- Peers can become positive role models.

# How To Define Peer Pressure

- “It is literally the pressure that we feel from our peers to do certain things, dress certain ways, eat certain foods...”.
- “Negative peer pressure is the unwanted pressure that causes a teen to participate in activities that may hurt him or her or others”.
- Youth give in to peer pressure because they don’t want to be different out of fear to be lonely, left out, ridiculed, scorned, and laughed at. Also, to be popular and to fit in and be part of the group.

# Peer Pressure

- Human beings are social beings.
- We can either select good friends that will help us advance in life, and influence us positively, or choose the wrong type of friends that will impact us negatively, and possibly destroy our life. (Psalm 1).
- “Peer pressure can put you at risk, make you compromise your morals, and deter you from your future plans”.

# Peak Time Of Peer Pressure

- “During teen years, adolescents are more likely to seek the opinions and acceptance of friends rather than family. No influence in a teenager’s life is as powerful as peer pressure”.
- “Research has shown that teens look to their peers for social and emotional support”.
- “Research has shown that pre-teens age 11-13 showed the greatest conformity to peer pressure”.

# Activities Associated With Peer Pressure

- Experimenting with Tobacco, alcohol or drugs.
- To be sexually active, or talking about sex.
- Putting off school work to party or have fun.
- Teasing or bullying others.
- Ditching sports practice to go shopping.
- Sneaking out of the house.

# Peer Pressure

- Those susceptible to the influence of peer pressure usually display:
  1. Low self-esteem.
  2. Little or no self-confidence.
  3. Few successful friendships.
  4. Isolation from their wider peer group, such as classmates.
  5. Loneliness.
  6. Depression.

# Peer Pressure

- The media impacts the way people think today.
- The person, on average, is subjected to 1500-2000 ad's per day.
- Some people are controlling, guiding and directing the way people think out of interest for their money.
- The influence of the internet, cell phone, text messaging...etc.



# What May You Lose Through PP

1. Your good friends.
2. Your academic success.
3. Your personality.
4. Your values and principles.
5. Your health.
6. Your precious time.
7. Your will.
8. Your reputation.
9. Your self-respect
10. Your hope.
11. Your purity.
12. Your eternity.

# Dealing With Peer Pressure

1. Be selective on who your friends are.
2. Be a leader not a follower. (Light to others).
3. Know who you are. (Eagle or chicken).
4. Take responsibility for your actions.
5. Dare to be different.
6. Distance yourself from bad influence.
7. Stick to your values and principles.

# Dealing With Peer Pressure

8. Discuss all issues with your parents to have their guidance and support.
9. Love yourself the way you are.
10. Know that not because everyone else does it that you must also do it, or that it is the right thing. Have your own personality.

# Advise For Parents

1. Understand the environment in which your children are operating.
2. Think back to your own days at their age.
3. Be present and supportive to your children.
4. Give your children all the time and love.
5. Teach your children our Christian values.
6. Teach them that if they come to you for advise they will not get into trouble.
7. Teach your children to take responsibility, and to be leaders.
8. Discuss certain issues, and get their opinion, but be open.
9. Get to know your children's friends and their parents.
10. Be a friend, not only a parent.