

Stories of Peer Pressure

You may already know what peer pressure is, or might even have experienced it.

Peer pressure can be a good thing and a bad thing.

How you deal with peer pressure and the choices you make determine whether peer pressure has a good or a bad effect on you.

Read through these scenarios below and then answer the questions below.



Your friend grabs you and you both sneak into the cinema without paying.

1. Do you think this behaviour is OK?

2. What are the consequences of sneaking in without paying?

3. Do you think they should have done this?

4. What would make you do this?

5. If this happened to you, what would you do?

Your friend puts a chocolate bar into your coat pocket in the shop and tells you to walk out of the shop without buying it.



1. Is this the right thing to do?

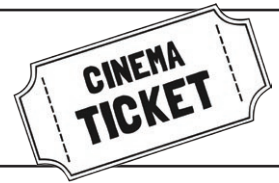
2. Do you think it is OK to do this?

3. Would you be confident enough to say, 'No!' To your friend?

4. If you said no to your friends, what do you think would happen?

5. Could you cope with saying no if your friends fell out with you?

Your friend makes you buy tickets from the cinema to show to her parents. She needed you to buy them to cover her going to a friend's party.



1. What is the right thing to do here?

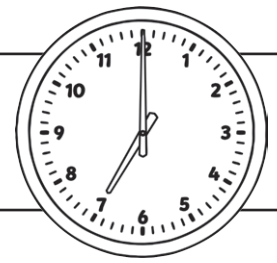
2. If you said no, what do you think your friend would do and say?

3. Do you feel confident enough to say no if you thought it was wrong?

4. If you said yes, how do you think you would feel?

5. If you said yes, do you think your friend would ask you to do more things that you might not agree with?

Your friend stops you getting on the bus home and he makes you late so you get in trouble.



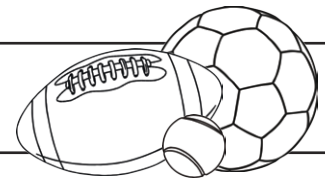
1. Why do you think your friend wants you to get into trouble?

2. How could you stop them from getting you into trouble?

3. Would a good friend want you to get into trouble?

4. Are they a good friend?

Your friend asks you to write a letter to say she can't do PE.



1. Why do you think your friend asked you and not someone else?

2. Is it right to do this?

3. What will be the consequences of this if someone finds out you lied?

4. Do you think a good friend would ask you to do this?

5. How can you say no?

6. Do you feel confident enough to say no?

Now you have read, thought about, and answered the above scenarios, what do you think about peer pressure?

Do you experience good or bad peer pressure?

Are you able to deal with bad peer pressure?

If you are, what can you do to deal with it?

If you aren't, what can you practise to make the next time easier?
