Peer Pressure
Introductions
Ice Breaker

- Name game
- Say your name and tell us about a woman who has been inspirational to you or made an impact on your life.
Peer Pressure

What is Peer Pressure?

- Peer pressure is when "friends" persuade you to doing something that you don’t want to do.
- But maybe you want to do it, and you just don't have the courage to do it and your friends talk you into it.
- Peer Pressure can be broken down into two areas; good peer pressure and bad peer pressure.
Bad Peer Pressure

This is when we are persuaded into doing something we don’t want to do by our peers. This can be either to avoid bullying, trying to look cool and fit in, or simply to stop “friends” from bothering you by asking you repeatedly.

e.g. If a friend asks you to try some weed, and you reply “No.” and they begin to ask you several more times until you eventually say something like; “Ok, give it here.”
Good Peer Pressure

On the other hand, there is also a positive type of peer pressure, when you have been encouraged, rather than persuaded or forced into doing something you didn’t feel confident about.

E.g. You were asked to do a speech at a school assembly, and were too nervous to do so. Your friends encourage you and reassure you that you are capable of doing it!
QUIZ TIME!!
Swap and Solve

- Media and sex
Peer Pressure to have sex?

It always seems to young people like everyone their age is having sex? But it is important to remember that even though people talk about sex casually it doesn't mean their actually doing it!

Ways to avoid bring peer pressure into having sex are:

- Hang out with friends who will support you and also think it’s ok not to be having sex
- Go out in groups and not just you and your ‘date’
- Say no, and mean no, if that’s how you feel
- Always carry money or a phone
Peer Pressure in the media

Young people are being pressured everyday by peers, siblings, families but especially by the surrounding media.

For example, young women are constantly seeing images of ‘size zero’ models and popstars. This can then effect their self-esteem or even their health!
Which do you think are positive role models?
What we can do to help avoid peer pressure

- I think one important thing is to not deny young adults their sexuality. When they are simply told that they should not have sex, it in many ways denies that they have sexual desires and are sexual beings. Rather than ask them to remain children, until we are ready to deal with them as sexual adults, I think we should educate them about sexuality. Understanding sexual anatomy and how it relates to pleasure is really important. If young adults don't feel ready to have sex, that doesn't mean their aren't other ways to express their sexuality - like masturbation, or activities with a partner that have less risks to their sexual health. I think it would be easier for young adults to face the very real peer pressure in many cases, if there isn't this dividing line of sexual/non-sexual, where you are only a sexual being if you have sex.
Ways to avoid Peer Pressure!

Be Direct, look them straight in the eye..
“No thanks, not tonight!”

Use Humour to deflect the conversation..
“No thanks, that spliff doesn’t go with my top.”

Plan your responses with a friend beforehand if you think there might be a risk of peer pressure, that way there will be less pressure on both of you.
Evaluation