

Avoiding Negative Peer Pressure

In order to avoid having to face negative peer pressure, you should:

- ★ make friends with those who share the same values as you, and who don't do things that you might question.
- ★ avoid uncertain places or situations.
- ★ make sure events are chaperoned and go with a friend or group.
- ★ think about what pressure you might encounter and how to respond to it.
- ★ introduce your peers to your parents.

If you are pressured to do something, give an excuse to get out of the situation or make a joke about it. Don't do things just because your friends are doing it, and stay true to your beliefs. Ask yourself, what will you be risking and what are the consequences?

Think twice, act once.

- Dawne Orange (Alex Orange's mom)

If negative peer pressure is still a problem seek help from a trusted adult and get advice from peers you trust. They may be better equipped with experiences to assist you in making wise decisions.

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Heather Hernandez, Chair (CA)
Michael Register, Vice Chair (NC)
Darius Bush (NC)
Christian Gonzalez (CO)
Rafael Grillo (NC)
Marissa Shapiro (NY)



National Association of
Students Against Violence Everywhere
Post Office Box 580
Willow Spring, NC 27592
Toll Free: 866-343-SAVE (7283)
FAX: 919-661-7777
www.nationalsave.org

***Youth Voices....
Grown-Up Choices!***



**Understanding
Peer
Pressure**

***SAVE... encouraging and
empowering students with
positive life skills while
engaging them in educational
activities and opportunities to
promote good citizenship.***

Types of Peer Pressure

Someone who is defined as a peer ranges from a school classmate to a business associate. Anyone in your age group is a peer. You know you are experiencing peer pressure when someone tries to influence what you do and the way you act.

There are two types of peer pressure: **negative** and **positive** peer pressure. Here are some examples of how your peers may influence you positively or negatively:

Positive Peer Pressure	Negative Peer Pressure
Participating in Sports	Writing graffiti
Joining clubs	Doing drugs
Trying new foods	Committing suicide
Doing volunteer work	Being racist/ bullying
Getting good grades	Having sex when you are not ready
Showing respect	Shoplifting
Meeting new people	Vandalizing property
Doing the right thing	Drinking Underage
Being honest	Cheating
Being Responsible	Ditching school

Positive Peer Pressure

Everyday kids face some type of peer pressure. As early as elementary school, kids begin to experience peer pressure, whether it is who they should sit beside in class or whether they should join in making fun of a fellow student. **SAVE** believes in the power of positive peer pressure. **SAVE** believes that positive peer influences can help students choose healthy, appropriate behaviors over unhealthy and inappropriate behaviors. As a student you have the choice of whether to surround yourself with friends who will positively or negatively influence you. *You also have the responsibility of deciding whether you will be a positive or negative peer influence on others.*

Negative Peer Pressure

People fall to this type of peer pressure because they want to fit in, they want to be popular, or they don't want to be labeled as an "outcast" or "loser." Peer pressure takes on many faces in life.

GANGS

A gang is defined as a group of three or more individuals that come together for a common purpose of illegal and criminal activities. Gangs can be identified by signs, clothing they wear, or the neighborhood where they live.

Many kids are intrigued by the life styles of gangsters. People join gangs for many reasons. Some want to feel as if they are

part of a family and want to have a sense of belonging. Others join gangs for protection and because they think they can earn respect through instilling fear in people. Still others want money and power. If you are approached by a gang member and are asked to join a gang, you should say "no" and immediately talk to an adult.

DRUGS

Drugs are a major problem in our schools and communities. Drugs negatively affect your body and mind. Drugs lead people to become violent and emotionally unstable, and can even lead to suicide.

According to Kids Health, 5000 kids and teens under the age of 18 try smoking for the first time every day. Smoking results in bad breath, coughing, cancer, and is more addictive than some other drugs.

Alcohol can also greatly change your behavior. Drinking can have many serious consequences, including accidents related to drunk driving, fighting, and unsafe sex.

Drugs not only affect you, but the people around you. Many teens give into this form of peer pressure because they feel it's the only way to fit in, or because they face serious emotional problems.

They do not realize how much it hurts their friends and family.

