

Dealing with Peer Pressure

Life Issues A Summary

Chapter Learning Objectives

- The participants will define and understand the effects of social pressure.
- The participants will identify both positive and negative experiences of peer pressure.
- The participants will apply strategies for and understand the Holy Spirit's role in combating negative peer pressure.

Content Summary

1. Peer pressure is social pressure put on someone by others, causing that person to act in a certain way or to accept certain beliefs in order to be accepted by those others.
2. We all feel pressure of varying degrees at different points in our lives.
3. Social pressure can be good for us when it encourages us to participate in healthy rather than harmful activities or when it works to unify a group of people rather than pull its members apart.
4. Social pressure can be bad for us and cause us to self-destruct when we allow negative social pressure to influence our choices and behavior.
5. The Gifts of the Holy Spirit can be helpful in resisting negative social pressure or peer pressure.
6. Other helpful strategies to resist peer pressure include the following:
 - joining organizations in which the members share your beliefs and interests
 - developing friendships with people who respect individual freedom
 - keeping a distance from people who bully or are critical of others
 - knowing where you stand on certain issues and being ready to resist negative peer pressure
 - discussing peer pressure with your parents or other trustworthy adults
 - being confident in yourself and saying no to negative influences
 - being ready with a good excuse for not doing something you do not want to do or should not do

