Name: _____ **Date:** _____

Read the following then complete the questions below.

Peer Pressure and Drug Abuse

Peer pressure—the influence of your friends and classmates on your behaviour—may be an important factor in your decision making. Peer pressure can often be negative, encouraging you to act in a way you normally would not. For example, you may feel pressured to drink, smoke, take illegal drugs, or engage in sexual activity before you're ready. Peer pressure can be positive too, if it encourages you to make healthy choices. Peer pressure can be spoken or unspoken.

Types of peer pressure-

1. Put down- insulting people to get them to do something they would rather not do
2. Rejection-threatening to end a friendship if a person doesn't do something
3. Reasoning-giving convincing (but often flawed) reasons to do something
4. Unspoken peer pressure-Unspoken peer pressure might be harder to notice. Sometimes you might feel you need to act a certain way to fit in and be accepted by friends or people you think are "cool." This is unspoken pressure, because no one tells you directly what to do. Rather, you have an idea about how other people will judge you.
5. Positive peer pressure-Remember that peer pressure is not always bad. For example, positive peer pressure may lead to healthy competition between you and your friends so that you perform better at sports or other activities. Positive peer pressure may also stop you from taking part in activities that are harmful to your physical and mental health.

Why do teens do drugs and alcohol?

1. Some teens abuse drugs or alcohol to avoid confronting their problems or to relieve stress, and many teens abuse such substances to fit in with a group or look "cool"—that is, they do it because of peer pressure.
2. Low self-esteem (drug abuse)- Teens who do not have a healthy opinion about themselves are more likely to go with the crowd or be easily swayed by others' opinions.
3. Family background - Someone from a caring, supportive family is more likely to have high self-esteem. Having a supportive family means that you have someone to talk to and ask for advice, making you less susceptible to negative influences. Teens from uncaring families are more likely to engage in destructive behavior or to be drawn toward those who engage in destructive behavior.
4. Media images (Drug abuse)-You must have seen many advertisements for alcohol showing images of happy, attractive people drinking in social situations. The message is clear: drinking is cool and helps you to fit in. Many teens are swayed by this portrayal of alcohol in the media and think that drinking will make them more popular. Images of actors and rock stars doing drugs, drinking, or smoking have the same effect.
5. If you have positive peer pressure. It can stop you from engaging in substance abuse in order to relieve stress-prevent you from being talked into trying drugs, alcohol, or tobacco by others ,provide you with a strong support structure, taking away your need to fit in
6. **How to resist unspoken pressure- Here are some strategies for resisting unspoken peer pressure.**Make new friends, build self-esteem, learn to see through the media, seek out friends with healthy habits, avoid places where substance abuse may occur, and remember, NOT everybody's doing it.

LIVEWORKSHEETS

Name _____
Standard 6

Bishop O.P. Martin R.C. School
Date: _____

HFLE

Read each of the following carefully then write <u>P for positive peer</u> pressure and N for negative peer pressure on the line provided.

1. Your friend advises you to go to college _____
2. Your classmate encourages you to show up to school on time _____
3. Your friend tells you to do things you don't want to do _____
4. You are told to avoid doing drugs _____
5. A friend tells you to work hard to achieve your goals _____
6. A classmate dares you to steel something on a dare _____
7. A group of friends invite you to skip school _____
8. You wear clothes you don't like because it is expected _____
9. Being encouraged to join a debate team _____
10. Listening to vulgar music because your friend tells you to _____

Read the Scenario below and answer the question that follows.

Scenario: Mike is a normal 11-year-old student. He just arrived at his friend Steve's party and is called over by a group of mutual friends to try a special potion they put together. When Mike asks if the drink contains alcohol, his friends reply and ask him what he thinks? Implying that this means it contains alcohol. Mike politely declines the offer, but his friends refuse to take no for an answer. They ask him if he's a scaredy-cat and tell him everyone else tried it so why doesn't he. Not wanting to lose the respect of his friends. Mike gives in and drinks the potion.

Focus Question:

1. **Do you think Mike did the right thing? Yes or No Explain**

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