



Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 11: NOVEMBER 13, 2020

Peer Pressure

The CHOICES TUPE program helps students discover information and builds skills so they can successfully transition through important life milestones. In this newsletter, we will discuss positive and negative aspects of peer pressure. Peer pressure is the direct influence on people by their peers.



Who are your peers

- Your friends or peers are people your age who have experiences and interests similar to yours. You decide who your friends are and what groups you spend time with.
- Besides close friends, your peers include other kids you know who are around the same age as you, such as people in your grade, a sports team, or community.
- People are influenced by peers because they want to fit in, be like peers they admire, do what others are doing, or have what others have.



Influential techniques

The following are examples peers can use to pressure you into doing what they want.

- **Flattery** or telling a person something nice about themselves
- **Logical reasoning** by giving scientific proof or well-known reasons
- **Promise of popularity** by suggesting that you will be well liked if you do what they ask
- **Promise of reward or punishment** if you behave in a certain way
- **Persistence** of continual requests to do something
- **Guilt** by making someone feel bad if they do not participate

Peer influence is not all bad

It's comforting to face challenges with friends who are into the same things that you are. You might not hear a lot about it, but peers can have a positive influence on each other and play important roles in each other's lives.

- **Positive examples**

Peers who lead by healthy example such being committed to doing well in school or working hard in sports can influence you to be goal oriented.

- **Feedback and advice**

Friends can listen and offer new ideas for you to explore and discuss problems that you may face.

- **Socializing**

Your peer group allows you opportunities to get to know different people. You can expand your circle of friends, build relationships, and work out differences.

- **Encouragement**

This helps you work toward your goals. For example, a friend could help you study to earn a better grade or practice your athletic skills for tryouts.



Ways to confidently say “no”

Stand up or sit up straight, maintain eye contact, and make sure your facial expression and tone of voice match the words you say. You can simply say “no,” give an excuse, change the subject, walk away from the situation, or avoid the circumstances.



Tip of the week

Practice how to say “no.” The more you become comfortable with your style, the more likely you will feel confident when you face a real situation.

Resources

kidshealth.org/en/teens/peer-pressure.html
talkitoutnc.org/peer-pressure/types-of-peer-pressure/

Additional video resources

youtube.com/watch?v=XCNS7_oYao
youtube.com/watch?v=FGv6sx0gOcc
youtube.com/watch?v=7y2URUIWHnk



“It’s better to walk alone than with a crowd going in the wrong direction.” – Diane Grant



Website: tcoe.org/CHOICESNewsletter



Contact: 559-651-0155



Email: jeffl@tcoe.org



Tulare County
Office of Education
Tim A. Hire, County Superintendent of Schools