



FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Estd 1864

Lahore- Pakistan



Campus Counseling Center

Peer Pressure

“When you say "YES" to others make sure you aren't saying "NO" to yourself. Stay true to yourself because an original is worth more than a copy”

— **Suzi Kassem**

Importance of Peers

Peers play an integral part in the development of social, emotional and behavior of children or adolescents. Peers can be positive & supportive. They support each other in developing new skills or abilities and encourage interest in extracurricular activities, music and books.

However, peers can also have a negative impacts. They may encourage to steal, bully, cheat, use smoking, alcohol and drugs, skip classes, treat people unfair or may involve in other risk and challenging behaviors. People always contribute attention in peer pressure because they wanted to fit in the group of people. They wanted to be admired by others and they always think that they may be left alone.

Caused that Contributes Peer Pressure

Peer pressure is the impact that you may feel from person or group of people to respond something you are not willing to do. Peer pressure occurs when we have fear to be alone or left out, it comes when we get influenced by the lifestyles and the ways of thinking of our peers. Almost everyone, from different walks of life, must have experienced peer pressure in some way or the other at a given point in time. Some people get positive influence from it whereas others tend to get negatively influenced.

Positive Effects

Good appearance, self-worth & self-love.

Participation in charity causes

Desist from disobedient behavior

Pressure to follow the values, rules & system of the society

Tolerance & Flexibility

Develops Empathy

Increase Efficiency & productivity

Negative Effects

Substance Abuse, Smoking, Alcoholism

Pressure to fit in the society or friends

Fear of rejection from social circle

Body image

Rejection of values & beliefs.

Criminal activities(stealing, cheating & gambling)

Insomnia

Eating disorder

Low self-esteem leads to poor confidence
Stress, Anxiety & Depression

Useful Guidelines to Avoid Negative Peer Pressure

- **Value for common interest.** Mix with those people who likes to do similar things will guide you avoid circumstances in which you feel peer influenced into things you do not wanted to do.
- **Be Assertive in your response.** Be courageous to say “no” could be difficult for a moment but assuredly it would be helpful in feeling comfortable to stick on your wishful behavior. Try to explain people in a peaceful way that why you do not needed to be a part of something. This might help you to gain confidence in yourself and to earn respect from others.
- **Do not judge others.** Never place judgments on other’s choices. Respecting people’s choice could help them to respect yours.
- **Take Actions.** Actions for negative peer pressure can be easy whenever you will be more comfortable in your environment. Expressing yourself in the safe environment would help you to gain more confidence and support positive atmosphere
- **Validate Yourself** People always question about your choices. Think realistic that your choices reflect your values and support your potentials.

For further information contact:

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Retrieved from:

<http://web.stanford.edu/~jacksonm/peerpressure.pdf>

<https://nationalsave.org/.../Understanding-Peer-Pressure.pdf>

www.aspireacademicexcellence.com/documents/PEERPRESSURE.pdf