

# Useful contacts

Childline

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Ever feel like you need to do the same things as other people in your age group in order to be liked or respected by them? Well if you have, then you have experienced peer pressure but you are not alone. Most people feel its effects at some point in their lives, peer pressure can happen at any age but perhaps never as acutely as when you are a teenager. Be aware though, just as others can pressure us, we too can pressure them.

### **Examples of peer pressure**

Smoking	Truancy
Binge drinking	Criminal damage
Taking illegal drugs	Joining gangs
Underage sex	Wearing labels
Fighting	Sexting
Weight loss	Bullying

As hard as it is sometimes, to not want to follow the crowd, we should be aware of the consequences of doing so. Getting in trouble for participating in things we felt uncomfortable doing in the first place can be very annoying but some decisions have more serious consequences, such as exclusion, pregnancy, or developing addictions. The person or people making you feel under pressure to do certain things may not be around to help when things go wrong. Real friends want the best outcomes for us, not the worst.

### **Techniques for overcoming peer pressure**

State your reasons for not wanting to do what they are asking you to do clearly without apologizing or defending your position.

Use strong body language and look the person in the eye when you're speaking to show that you are serious.

Suggest alternatives - try to interest the other person in doing something else with which you're comfortable.

Walk Away - if you feel that they will not take no for an answer.

Plan ahead - talk to someone you trust about the person who is pressurizing you and ask for advice.

For further information, visit: <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>