



Name:

Section:



Date:

Score:



# How Will You Stand Up to Peer Pressure?

Peer pressure is when people your age, like friends or classmates, influence you to do something –whether it's good or bad—just because they are doing it. It can make you feel like you need to act, dress, or behave a certain way to fit in or be accepted.

For example, if your friends are all playing a certain video game, you might feel pressured to play too, even if you're not that interested. Or perhaps your friends or classmates are being disruptive in class - and you feel pressure to join in.

Peer pressure can be positive, like encouraging each other to study, but it can also be negative, like pressuring someone to break a rule or do something that feels wrong. It's important to recognize when you're being influenced and make choices that are right for you, even if it feels hard to say no. This is why it is important for you to develop the courage to make your own choices - despite how unpopular they may be.

**For the following task, write about how you plan to build the courage to stand up for what is right, even when faced with peer pressure.** Here are some possible questions to guide your answer:

- What are some situations in which you feel peer pressure?
- What can you do to be courageous in these situations?
- How can you develop the confidence to stand up for what is right - despite what others may be doing?
- What are some things you can tell yourself when faced with peer pressure?



It's important to think about these things now and plant these ideas in your mind now, so when you face peer pressure, you'll have the mindset and strength to guide you toward the right and courageous decision.

So once again, your task is this:

**Write about how you plan to build the courage to stand up for what is right, even when faced with peer pressure.**



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