Peer Pressure & Healthy Relationships

OUR PEERS CAN INFLUENCE US IN MANY WAYS.

Positive peer pressure encourages good values, attitudes, habits, and behaviors such as:

• Taking good care of one’s health.
• Getting good grades.
• Joining a club, playing a sport, or doing volunteer work.

Negative Peer Pressure may lead to choices that can cause harm, such as:

• Skipping school or class.
• Using drugs or alcohol.
• Having sex.
• Bullying.
• Stealing.

WHY WOULD SOMEONE GIVE INTO PEER PRESSURE?

Many reasons including:

• To be well-liked and accepted by their peers.
• Embarrassment at being the only one to say “no.”
• To prevent friends from being mad.
• To prevent being teased.

HOW TO SAY “NO”

• Be assertive.
• Stick up for yourself.
• Make a joke out of the situation.
• Change the subject.
• Use an honest excuse.

A FRIEND IS SOMEONE WHO WILL:

• Stick with you through thick and thin.
• Respect you, your beliefs and wishes.
• Accept you just the way you are.

A FRIEND WILL NOT:

• Pressure you into something you know is wrong and/or dangerous.
• Threaten you or call you names if you do not do what he/she asks.
• Talk about you behind your back if you don’t agree with him/her.

A HEALTHY RELATIONSHIP SHOULD:

• Make you feel loved, safe, cared for.
• Be one that is open and honest.
• Have good communication.
• Grow and endure.
• Never be harmful.
• Have emotional support and understanding.

DATING VIOLENCE

Dating violence is physical, verbal, sexual, or emotional abuse between partners in a casual or serious dating relationship.

WARNING SIGNS MAY INCLUDE:

• Feeling fearful of what your partner might do or say if you don’t agree/obey.
• Feeling like your partner is controlling your life - friends, activities, clothing, etc.
• Feeling pressured for sex.
• Feelings of excessive jealousy or possessiveness from your partner.
• Feeling frequently put-down by your partner.
• Feeling isolated from your friends and/or family by your partner.

WHAT TO DO

If you think you are in a violent dating situation, you can ask for help from parents, friends, teachers, guidance counselors, the police, or your local domestic violence shelter.

YOU HAVE THE RIGHT TO:

• Be treated respectfully
• Refuse to be pressured into anything you do not want to do
• Determine who you will date.
• Listen to your instincts and leave any dating situation that is uncomfortable.
• Be loved.
• Be cared about.
• Maintain high self-esteem.
• Trust yourself above others
• Fulfill yourself with or without a partner in your life.

Learn how you can protect your health at:
www.adagiohealth.org