

# Graveney School

## Workshop on Peer Pressure

“Everybody is doing it, why can't I?”

# What do we mean by peer pressure?

- Being persuaded by friends – If your friends are doing something and you are not involved are you left on the outside?
- Being forced by peers – something you don't really want to do but feel like you have no choice
- Being persuaded by the majority – Because everyone is doing it, if you don't you are isolated

# When does pressure become bullying?

- Hard to know the difference?
- How do parents help their teenagers to develop their own mind?
- Is everyone else doing it, or is this the way to make parents agree to a request.
- Is it possible you may say 'yes' rather than the expected 'no'?

# Parents and Decisions

- Some parents don't like to say 'no'
- Some parents do not want their child to feel 'left out'
- Some parents worry about their teenager's reaction if they don't get what they want
- Some parents don't get asked
- Some parents get asked and if they say no their teenager ignores them

# What is the best parental approach?

- Give yourself time to think, reflect, discuss with other parent/partner and teenager
- Do not be pressured into saying yes or no if you are not ready to make a decision
- What is 'age appropriate'
- N.B. : Usually everyone isn't doing it (!)

# What is the teenager wanting?

- To be encouraged to develop and grow
- A parent who is in tune with their needs
- A parent who is firm without being hard
- A parent who is clear about decisions
- A parent who can negotiate giving consent where possible

# The origins of peer pressure

- Competitive world – countries compete, businesses compete; parents compete; schools compete
- Media and competition – advertising that makes us want things
- Children compete – tallest, fastest, most beautiful, smartest etc.
- Sexual competition – experience, development

# Have your say

- What examples of peer pressure can you share?
- What would you advise another parent facing the same issue?
- How did you feel about the decision you took?