

Peer Pressure

(An article by Abhiraj Srivastava based on a Life Skills session)

"What is Peer Pressure?" is the first question that comes to mind.

Peer pressure is the direct or indirect influence to conform to our peers' behaviour. Bunking classes, for instance, is an act usually influenced by peer pressure. There are two types of peer pressure:

Positive Peer Pressure	Negative Peer Pressure
This is the pressure we feel to emulate the good habits of our friends, such as studying better, learning a new skill, or participating in an event.	This pressure often leads us to engage in unhealthy habits such as smoking, drinking, taking drugs, or doing something wrong.

How to deal with Peer Pressure?

1. Say NO to whatever is wrong.
2. Be an independent thinker
3. Walk away from the situation / Ignore
4. Be assertive
5. Trust your instincts - believe in yourself

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