

Peer Pressure and Social Conformity

We learned about peer pressure and social conformity during our life skills class. I want to share what I have learned about the topic.

Peer pressure is the influence peers exert to conform to their behaviours, attitudes, and beliefs.

Conformity is adhering to established norms or standards without knowing the actual reason. Instead of trusting your instincts, you tend to follow the opinions of others blindly.

At times, people also follow the crowd to become popular. This lesson taught me to overcome such situations and trust my instincts rather than mindlessly follow the crowd.

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