How to Handle Peer Pressure

|  |  |
| --- | --- |
| 1. | Have you ever felt pressured to do something you weren't comfortable doing or ready to |
| 2. | do? Peer pressure is something that can plague everybody, and it's something that everybody |
| 3. | deals with during puberty. |
| 4. | Puberty is a time of change, a time when your body is changing. You're going through emotional |
| 5. | turmoil. Your moods are changing. There's so much change. Things are in flux. And at |
| 6. | the same time your friends, what they're wearing, what they're playing, and what they're doing |
| 7. | has never been so important to you. Have you ever felt pressured to wear the right clothes, |
| 8. | download the right apps, watch the right TV programs, buy the right stuff? It's all part |
| 9. | of peer pressure. |
| 10. | And unfortunately, we sometimes see pressure to try alcohol, to try drugs, and to have |
| 11. | sex. I am here to let you know that you should never do something that you feel uncomfortable |
| 12. | doing or do something that you aren't ready to do. You need to trust your instincts. If |
| 13. | it feels wrong it probably is. |
| 14. | If you're uncomfortable with anything, if you need to talk to somebody, find somebody |
| 15. | that you trust. You can speak to your parents. It's great to have an open and honest relationship |
| 16. | with your parents. But, if you're uncomfortable speaking to them about something then talk |
| 17. | to an older sibling. Talk to a counselor at school. Talk to a friend. Talk to your doctor. |
| 18. | Talk to anybody you feel comfortable talking to about feeling pressure to do things that |
| 19. | you may not want to do. And trust yourself. Trust your instincts. |
| 20. | Puberty is definitely a time of change, a time of physical changes and emotional changes, |
| 21. | but it doesn't mean you have to change your mind about things you're not comfortable doing. |
| 22. | This is an area that you don't want to change. Stay true to who you are. You will make good |
| 23. | decisions and make it through puberty. |