



Lets talk about Peer Pressure

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*Always be a First Rate version of yourself -
Instead of a second rate version of someone else.....*

We all have to deal with **Peer Pressure** - no matter how old or young we are, it follows us through life. So the sooner we learn how to deal with it the better.

If you are a teenager it can be a very difficult time as you are trying to find out about the kind person you are, what you like, who you want to be and what you want to do with your life.

Sometimes peer pressure can be a **good thing** when it encourages you to try something new or make a healthy change, maybe by doing something that you have never tried. Friends may also encourage you to learn about new things like science or share books or great new music.

But there are many times when a person can feel pressured into doing something more risky or make a decision that could be harmful to themselves or to others, for example taking drugs, cutting class, smoking, lying to your parents.

That's why it's important to make sure your decisions are right for you, based on what **you** think. Don't worry about what others think of you or what they are doing.

Good Peer Pressure - Learn a new sport





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Here are some examples of Positive Peer Pressure:

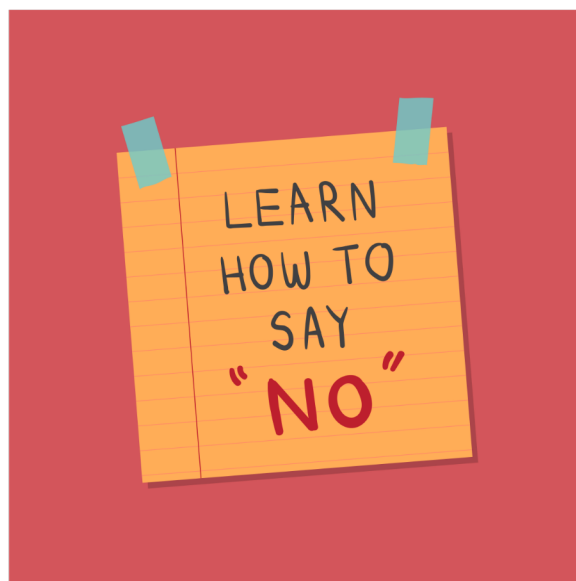
1. Pressure to study to improve your grades at school
2. Pressure to try a new sport or exercise. Trying new things can be very important - as you never know what you could be good at.
3. Eat healthier foods try learning to cook and try new types of food
4. Helping people - get involved with your community or community projects (this can help when you are applying for jobs when you leave school)
5. Learn to play an instrument and start a band.

Negative Peer Pressure can include some of the following:

1. Needing to dress or act a certain way.
2. Cheating or copying someone else's work or letting others copy your work.
3. Not including certain people in social activities.
4. Taking dangerous risks when driving.
5. Using drugs or alcohol.
6. Shoplifting or stealing.
7. Engaging in sexual activity.
8. Engaging in bullying or cyberbullying.
9. Projecting a misleading/false image on social media.

Your opinion matters just as much as anyone else's !!

Have the confidence in yourself to know what you like and what you don't like. Have the confidence to say NO! Say "No" like you mean it!!



Focus on what you enjoy, this can help you feel more self-assured which will make resisting peer pressure easier.



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Make your opinions known.

Your opinions matter and what you think is very important, so make sure people around you know what you feel strongly about. Let them know what you will and won't do, and that you won't be pushed into doing anything that you know is wrong or that makes you feel uncomfortable.

Make sure that:

- 1) No one can make you feel inferior.
- 2) You are proud of yourself and who you are.

Remember we are all very different and all have varied abilities. We can't be good at everything so find out things **you** are passionate about, not what you think will make you popular or fit in. You will be much happier and more successful if you find something you love to do.

Don't fall into the trap of comparing yourself to others -
Learn to be the best **YOU** that you can be.

Listen to your feelings and remember **"If It Don't Feel Right - Don't Do It"**
Listening to your feelings is the best way to know if you are doing the wrong thing. If it makes you feel uncomfortable it is probably a good sign that it is not the right thing to do.

End negative and harmful relationships.

Sometimes, you might have to break up with your friends. This can be really hard to do, but if your friends are constantly pressuring you to do stuff you don't want to do, maybe it's better to move on. If they don't respect your opinions and choices, they're not really your friends in the first place.





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Surrounding Yourself With Better People!!

If you are having problems with Peer Pressure - Try to choose your friends wisely.

Surround yourself with friends who have similar interests, principles, and standards as yourself.

Having friends you can count on allows you to do fun things you all enjoy, and if you have to walk away from peer pressure situations, you have back-up.

***Support your friends.
Be the person who helps a friend to stand up to others
in a situation they might find difficult.***

If you know you are going to a party or somewhere else where peer pressure may be strong, go with a group of friends that think the same way you do.

It is much easier to stand up to peer pressure when you're not alone!!





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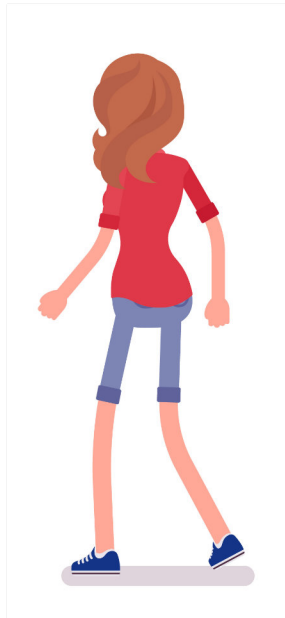
How to get out of a situation

If someone suggests something that you know is either dangerous or will get you into trouble try these points:

1. Try suggesting that the group does something else. Saying "Hey, let's do _____ instead". This is a way to divert the attention and conversation, and hopefully there will be some others that would like to join you.
2. Say No in an assertive way - Don't be angry or rude - just confident. Let people know that **you know** what you want to do.
3. **Continue saying no.** Sometimes, people will continue trying to pressure you. Keep strong, keep to your principles, be confident, and say no in a calm way. You want to avoid provoking them into an argument if at all possible.

If All Else Fails

Walk away if possible. Don't remain in a situation that might get you in trouble or where you feel uncomfortable. If you are at a party, leave the room and find other people to talk to.



Have a back-up plan

Call someone to pick you up if you are in a place you cannot easily leave.

Never allow someone to keep you in a place where you do not feel comfortable. If someone is physically keeping you from leaving, call for help if you can.



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Have a back-up plan

Work out a code word with your parents.
If you text them that code word, they can call you immediately.
You can then say, "Man, that was my mom/dad! I am in such trouble. I've got to go!"

This can help you stay responsible and help you get out of a difficult situations, but also help you save face with your peers.

Call your parents and say you're feeling ill. Ask them to come pick you up.

Always have a phone on you with numbers of safe people you can call, like older siblings, other friends, relatives, friends' parents.

If you don't have a cell phone, carry a list of numbers for people you can call.

If you find that you are not able to cope with the Peer Pressure yourself, get support from your parents, a trusted adult, a teacher or school counselor.

Anyone that you feel comfortable talking to about your problems. Don't try and handle it on your own especially if it is getting you down. It is OK to ask for help and advice.





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The Internet- **BE CAREFUL !!**

Remember, the internet never forgets!!

Online pressure is becoming more and more a part of life but please remember, that whatever you put on the internet will be there forever. If someone pressures you to put a compromising image online or if you join in with putting hateful or mean posts up you will not be able to control who sees it.

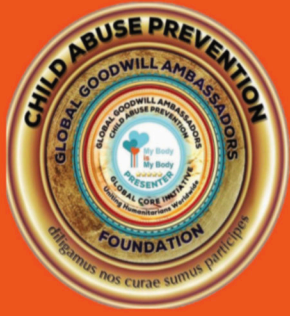
Don't let people pressure you to send sexual images of your self. They may say everyone does it, or it will prove that you love me - and I won't share it with anyone else. Unfortunately it only takes a moment to share and everyone could have your photo.

The Internet can also be used to encourage things like fighting by filming and sharing.

Even if you delete your post or picture - if someone else has shared it - you have lost control of what you posted.

When you go for job interviews - people now search the web to check on you and if they find nasty comments or negative things about you it could harm your prospects.





My Body Is My Body

GGA Core Education Initiative



**SUSTAINABLE
DEVELOPMENT
GOALS**

SDG's covered by the My Body is My Body Program

4.a Build and upgrade education facilities that are child, disability and gender sensitive and provide safe, non-violent, inclusive and effective learning environments for all

5.2 Eliminate all forms of violence against all women and girls in public and in private spheres, including trafficking

16.2 - 16.2 End abuse, exploitation, trafficking and all forms of violence against and torture of children and sexual and other types of exploitation.



The My Body Is My Body Program is one of the most successful, positive and fun filled musical "body safety" programmes around. Aimed at children from the ages of 3 - 9 years old, the programme has now been animated so that it can be shared with children in nursery schools, schools, sports facilities and homes around the world. It is one of the **Global Goodwill Ambassadors** Core Educational Initiatives.

Created in the USA with the help of the Departments of Education and Human Services in Texas and Tennessee, this programme has been presented live to over 1 million children in over 40 countries around the world, and is making a positive impact by getting children, teachers and parents talking about the subject of body safety and safeguarding children. The videos on Youtube have been viewed by people in over **200 Countries**.

The programme is **FREE** to everyone, available on the internet or to download and has been translated into **19 different languages**.

The My Body is My Body Program is supported by **ISPCAN** (International Society For The Prevention Of Child Abuse and Neglect), and is being shared by **Compassion International** in their 7,000 churches in 25 countries. (1.9 Million Children)

This programme helps teachers, parents and people working with children approach the difficult subject of body safety in a safe, non threatening positive environment through the medium of music.

Why music?

Songs are also a wonderful way for children to remember the important messages being taught as they are interactive. We all remember little songs that we were taught as children, these songs and messages will stay with the children and will also be good grounding for future life lessons.

A study which involved children, published in the Journal of Music Therapy, showed that music, and learning new songs related to a more positive self concept and development of self esteem, helping children feel better about themselves.

There are teacher tutorials, videos, lesson plans, a children's workbook, quiz, and much more available to download on the website We have made these available to download so that teachers that have problems with internet service can still present the program.

We aim to reach at least another million children this year.

Help us to create a Safer World For All Children

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