

## **“DON'T LET YOUR PEERS STEER!”**

*You Control Your Actions, So Be Your Own Person!*

Peer Pressure is changing how you think, believe and act to fit in with a certain group of people

- Let's take smoking for an example.. If you hang out with a group of people who smoke, most likely you will be curious to know why they do it and why they think it is so cool. So you begin to smoke to see what's the big deal.

~DID YOU KNOW~

1. Smoking makes you look older at an early age (it gives you wrinkles!)
2. Your clothes and everything else smells.
3. It's VERY dangerous to your health.
4. It shortens your life expectancy  
(Psychology 7<sup>th</sup> Edition, Myers).



- Alcohol is another good example. Picture yourself being at a big party where there's alcohol. Let's face it no one wants to be the only one at the party NOT drinking.

**MYTH:** If you drink then people will think you're cool.

**TRUTH:** People will respect you more if you stand strong for what you believe in.



## **\*STATISTICS\***

- Alcohol use damages your brain (Psychology 7<sup>th</sup> Edition, Myers).
- Use of alcohol is associated with the leading causes of death and injury among teenagers and young adults.
- Alcohol use at an early age is an indicator of future drug and alcohol problems
- 31.9 percent of youth under 18 years old in long-term, state-operated juvenile institutions in 1987 were under the influence of alcohol at the time of arrest.
- Alcohol use is implicated in almost two thirds of the sexual assault and date rape cases among teens and college students.
- Among sexually active teens, those who average 5 or more drinks daily were nearly 3 times less likely to use condoms, thus placing them at greater risk of HIV infection. Among all teens who drink, 16 percent use condoms less often after drinking.
- Students with grade point averages of D or F drink 3 times as much as those who earn A's.
- Rapid ingestion of alcohol can cause breathing difficulties and death.

<http://www.mudpc.org/stats.html>

- According to research by the [National Institute on Alcohol Abuse and Alcoholism](#), adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.
- The three leading causes of death for 15- to 24-year-olds are automobile crashes, [homicides](#) and [suicides](#) -- alcohol is a leading factor in all three.

<http://www.focusas.com/Alcohol.html>

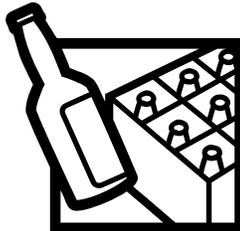
## ~SOMETHING TO KNOW~

Drinking effects your activity in sports also. If you're an athlete and you drink you won't perform as well, and if you get caught drinking, then it can REALLY effect your playing season.

### ~A Student Athlete's Story~

"The first time I got caught drinking, my friends pressured me into throwing a party, so I did it because at the time I thought it was a good idea. Then my dad busted the party and informed the school about it. However, out of the 50 people that were there, I was the only one who got in trouble because it was my house. Consequently, I couldn't participate in 20% of my track season.

The next time I got caught drinking was when I went to Germany with the school's foreign exchange program. The World Cup was going on while we were going to stay at a hotel in the Alps. My friends and I thought it would be cool to bring a bottle of "*Crazy European Alcohol*". After the soccer game was over, our teacher busted us for drinking in a hotel room. Even though we were old enough to drink in Germany, we still got in trouble with the school. The morning after we got in trouble, I couldn't even have fun. It was the most scared I have ever been. I knew when I got back to America I'd be in a lot of trouble. Luckily, when I got back I didn't get expelled from school. However, I was out of sports for 360 days. I let my family, friends, and teammates down. **Even though at the time drinking may sound cool, it definitely is not worth it.** I had to sit and watch my team play while I was sitting in the stands."



- Another example would be classroom behaviors. If you become friends with people who are considered "class clowns," chances are you will start acting like them in class. The saying "YOU GIVE RESPECT TO GET RESPECT" comes to mind when I think of "class clowns." If you show inappropriate behavior and "goof off" in class, you are giving yourself a bad name for years to come! Teachers remember EVERYTHING you do and how you treat them!

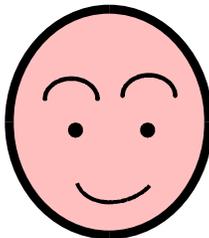


~THINGS TO REMEMBER~

1. First impressions are lasting impressions, so make good ones!
  - Research has shown that a person makes a judgment within 15 seconds of meeting someone. (Bernieri, 2000)
2. Being a “class clown” is not a good thing, because that’s what people remember you for.
3. ***“The students are laughing at you not with you.”***
4. The students around you are getting their work done while you are acting like an idiot.... Who’s going to learn and get the better grade?



**Note: If you have friends that do not accept you for being yourself and doing the right things, then these are NOT your real friends and you need to find NEW ones!**



**Not all peer pressure is bad. For example if you associate with a focused, well behaved group who accept you for who you are, then THESE ARE REAL FRIENDS!**

