



STAY Alert

March 2017

Peer Pressure

Have you ever wondered why they call it “peer pressure” and not “teen pressure”? The reality is that peer pressure occurs at every age regardless of whether you are at school, work or university, so learning how best to deal with it is really a learning skill you can use for the rest of your life.

What is Negative Peer Pressure?

When a person close to your age encourages you with words to do something that is either wrong, dangerous, harmful, or illegal.

Why Do Kids Give into Peer Pressure?

-They want to be liked, to fit in, or they worry that other kids may make fun of them if they don't go along with the group.

-Others may go along because they are curious to try something new that others are doing. The idea that "everyone is doing it" may influence some kids to leave their better judgment, or their common sense, behind.

How can you Respond to Bad Peer Pressure?

The key to dealing with negative peer pressure is self-confidence.

Be yourself, make your own decisions, regardless of what others think.

Listen to your gut instinct – it's probably right!

Learn to feel comfortable and confident saying NO!

Surround yourself with people who have similar values as you.

What are some good things friends can pressure each other to do?

Be honest, avoid alcohol, avoid drugs, not smoke, be nice, Respect others, Work hard, Exercise(together!)

Don't be afraid to ask for help!

If you are in an awkward peer pressure situation seek help from a family member, teacher, counselor or someone you feel comfortable talking to.

School Team Advisors for Youth (STAY)

Junior high schools in the Edmonton Catholic School District each have 'School Team Advisors for Youth' (STAY) which are comprised of retired Police Officers.

The STAY role involves:

- Educating, mentoring, and empowering students.
- Educating and mentoring parents on the realities their children face each day by raising parent awareness on these issues.
- Educating and mentoring staff on the realities that students face each day. Working in partnership with the administration of the school to develop action plans for safety and health of all students.

Stay Advisors in our junior high schools make a difference in the lives of our youth by encouraging them to “STAY” in school. The STAY teams work hard to ensure our youth succeed in life.