



# Peer Pressure

While friends can be an incredible source of support, they can also create a pressure for you. You might feel you have to dress like your friends, or do the same things they like to do. In some cases, girls drink or use drugs because their friends do. Believe it or not, if your friends believe in having sex, it's more likely you will have sex. If they abstain, chances are, you will too.

What are some of the peer pressures you have seen at school or in other settings?



## Creative Activity

Create some brief scenarios about girls your age experiencing peer pressure, or use the examples below, then act them out. Brainstorm how girls might respond in each situation, and try acting them out, then switch places so the girl(s) being pressured now do the pressuring and vice versa.

Some Sample Scenarios:

Ginetta and her best friend Aminae are IM'ing their other best friend after school. They are using the computer at Ginetta's house, and Ginetta's screenname. Aminae's parents grounded her from her own account after she put a suggestive picture of herself on her blog, so now Aminae tries to get Ginetta to share her password. "I have to IM someone tonight," she tells Ginetta, and keeps bugging her to give it to her, even when Ginetta repeatedly says "no."

Tia has been dating her boyfriend Brian for six months, and he is pressuring her to "go all the way." She is embarrassed to tell her two best friends about it, because they believe there's nothing wrong with having sex. One day, after Brian threatens to break up with her if she won't "do it" with him, Tia is so upset her friends notice. They ask what's wrong, and she tells them.

Blanca hates cigarette smoking because her grandmother died of lung cancer. She has never even tried a cigarette although her best friend smokes. One night at a party, her best friend pressures her to try "just one puff." Other kids who are also smoking join in and gang up on Blanca, making fun of her because she won't smoke.

Josey says: "Sometimes it's hard to stand up to my friends, or feel comfortable being my real self around them. I haven't known them very long since I just switched schools, and I'm not sure I can really trust them. They've already tried to get me to lie to my parents about a party, so I don't know what will happen in the future."

### Okay, Now Here's What You Have to Say:

Have you ever known a girl who gave in to peer pressure and regretted it?  
Why do you think girls might pressure each other to do certain things?

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