



# Think about ... Peer Pressure/ Going with the Crowd

If in  
doubt -

**DON'T**

Being part of a team  
made me feel part of  
something important!

YOU  
SHOULD  
BE ABLE  
TO SAY  
"NO" TO  
A FRIEND

Think  
carefully  
about how  
the choices  
**you** make  
affect **your**  
life

Don't be  
afraid to  
live your  
life your  
way

Never  
be afraid  
to say  
**NO!**

I wear what I like not what  
other people think is cool

Everyone wants to fit in and be liked. Sometimes we worry about what others think about us. Peer pressure can be a good thing and it can have a positive effect on you. If you are part of a sports

team, a youth club or school society it can encourage you to give of your best. Giving into negative peer pressure can make you behave in ways you wouldn't normally do. You could find

yourself bullying or harassing others, experimenting with alcohol, cigarettes and drugs, stealing or engaging in anti social behaviour such as vandalism.

**Giving in to negative peer pressure can impact on your education, job prospects and you could get a criminal record.**

It can be difficult to go against the crowd and say "No" when you feel under pressure.

You might want to appear "grown up"- you don't know how to refuse - you want to be popular - you are afraid of being teased or made fun of.

It is important that you be yourself and take care of yourself. If you are worried about negative peer pressure talk to someone you can trust - a close relative, a youth worker or your school counsellor.

## Sources of Support

### Helplines:

Childline 0800 1111  
Samaritans 0845 790 9090  
Lifeline 0808 808 8000

### Useful Websites:

[www.mindingyourhead.info/young-people/friends](http://www.mindingyourhead.info/young-people/friends) - gives some information about friendship and peer pressure  
[www.bbc.co.uk/radio1/advice/factfile\\_az/peer\\_pressure](http://www.bbc.co.uk/radio1/advice/factfile_az/peer_pressure) - looks at how to cope with peer pressure  
[www.childline.org.uk/Explore/Friends/Pages/Peerpressure.aspx](http://www.childline.org.uk/Explore/Friends/Pages/Peerpressure.aspx) - advice on what to do if you are feeling pressured  
[www.bbc.co.uk/health/physical\\_health/child\\_development/teen\\_peer.shtml](http://www.bbc.co.uk/health/physical_health/child_development/teen_peer.shtml) - how to deal with peer pressure  
[www.spunout.ie/health/Relationships/Friends/Peer-pressure](http://www.spunout.ie/health/Relationships/Friends/Peer-pressure) - more about how to deal with peer pressure