

PEER PRESSURE AND HEALTHY CHOICES

Key Points

- 1) People are subjected to peer pressure everyday.
- 2) Some peer pressure is negative. For example, a student wants to be accepted by a group of peers who smoke, so he starts smoking.
- 3) Some peer pressure is positive. For example, if one member of a group works hard on a project, other members of that group may also work just as hard.
- 4) Not all pressure is peer-related; youth often experience internal pressures.
- 5) Young people also feel pressure - - both positive and negative - - from parents, families and the community.
- 6) Alcohol, tobacco, and other drug use is **not** a part of a healthy lifestyle.
- 7) Having a positive self-concept and feeling good about oneself enables young people to make healthy choices.
- 8) Living a healthy lifestyle can help a person meet the challenges and transitions in life.

