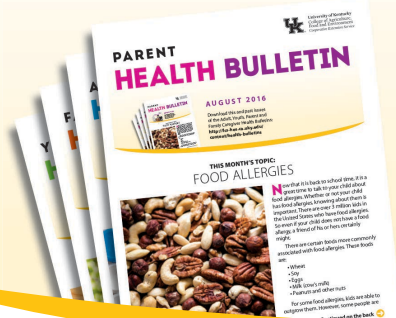




PARENT

HEALTH BULLETIN



AUGUST 2017

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: PEER PRESSURE



It can be hard for children to make the right choices. Some choices may be easier for them to make than others. Peers can affect the choices that your child makes. Learn a little more about peer pressure and how your child may be affected by it.

As children start getting older, they will have more choices to make. Sometimes people around them will try to push them to act a certain way. It is important to talk to your child about the fact that there are people around them who will try to affect them. Take the time to talk about how your child learns from them, and how they learn from your child. It is also a good time to mention that their peers can sway him or her in a good, positive way or in a not-so-good way.

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Tell your child that sometimes it is important to say “no” or to walk away from peer pressure.

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Good ways that your child may be influenced by others include how hard they try in class or at a practice after class. Perhaps a friend or peer is doing well at math and that pushes your child to study a little harder. Or another classmate started playing an instrument and your child now wants to play and practice as well.

Ways that children could be negatively affected include being encouraged not to study as hard as they should. Your child may be pressured to show his or her homework to another person who did not complete theirs. Your child might even feel pressure to be mean to a classmate, even when your child may think that the person is really fun to be around.

It can be very hard for children to not give in to peer pressure. They might feel pressure because they want to fit in with a group of people at school or in the neighborhood. Children might feel pressure to do something because they want to be liked. Talk to your child about those feelings, but also that sometimes it is important to say “no” or to walk away from the pressure.

Staying away from peer pressure can be hard for children. Talk to them about making sure to pay attention to how the situation makes them feel. Talk about taking a minute and thinking about what is the right thing to do.

As a parent, it is important to know who your child has for friends. In fact, the saying “choose your friends carefully” is very important as it may affect

the behavior of your child. If you see something that concerns you about your child’s friends, talk about it with your child. Peer pressure can have a direct influence on how your child behaves. Talk to your child about peer pressure and how to handle it together.

SOURCE:

<http://kidshealth.org/en/kids/peer-pressure.html>

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