

YOUTH HEALTH BULLETIN



AUGUST 2017

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THIS MONTH'S TOPIC: PEER PRESSURE



When you are making choices it can be hard. Some choices are easier than others though — especially if there are people trying to pressure you to act one way. Your classmates, and others who are your age, are called your peers. Wally Cat wants you to know about peer pressure and how it can affect you.

As you start getting older, you will have more choices to make. Sometimes the people around us try to push us to act a certain way. The people who are around you affect you. You learn from them and they learn from you. Your peers can sway you in a good, positive way or in a not-so-good way.

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If you are feeling pressure, you can say "no." You can even find another classmate or friends to hang out with.

➔ Continued from page 1

Good ways that you can be influenced may be to try a little harder in class or at a practice after class. Perhaps you saw a movie and because you talked about how good it was, other people around you saw the movie too.

Ways you can be affected that are not good include being encouraged not to study as hard as you know you should for a test. Maybe you are pressured to show your homework to another person who did not complete his or hers. You might even feel pressure to be mean to a classmate, when you really think that he or she is okay.

It can be very hard to not give in to peer pressure. You can feel pressure because you want to fit in with a group of people, or you feel like you will be liked if you do or say something. But sometimes it is important to say "no" or to walk away from the pressure.

Staying away from peer pressure can be hard. Make sure that you listen to your own feelings about what is happening. Think about what is the right thing to do. If you have a friend with you who also wants to say "no" it can be easier. That is

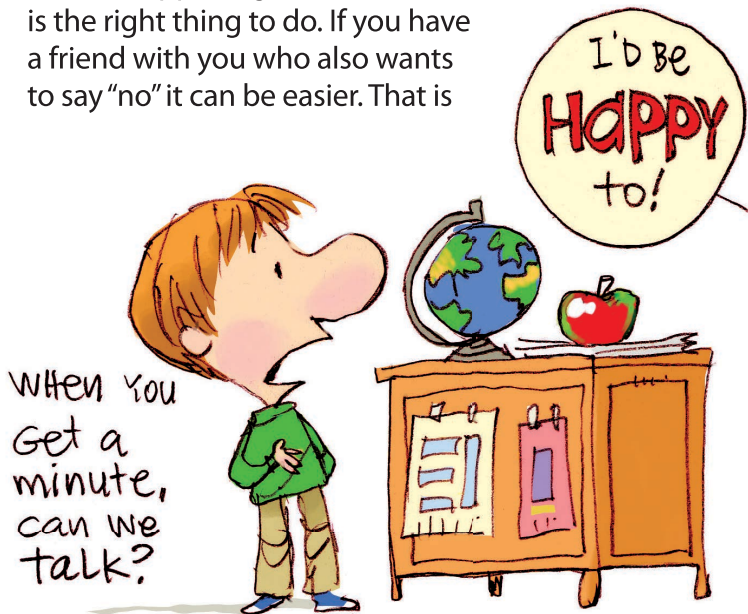


why it is important to have friends who have similar beliefs.

If you are feeling pressure, you can still say "no." You can even find another classmate or friends to hang out with.

Wally Cat says to also remember that if you are still feeling lots of peer pressure, make sure you talk to an adult about it. He or she may be able to help you handle the situation.

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



Can you unscramble these words?

- EPRE PRESUSER: _____
- ASY ON: _____
- WAKL AAWY: _____
- LATK TO AN TDAUL: _____

ANSWERS: PEER PRESSURE, SAY NO, WALK AWAY, TALK TO AN ADULT

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Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)

