

# PEER PRESSURE

REAL TEEN ISSUES

CITYREACH | CEDAR CARE CENTRE



**EVERYONE WANTS TO BE ACCEPTED. IT FEELS REALLY GOOD TO BE WELCOMED INTO A GROUP THAT WE LIKE....AND IT IS EXCEPTIONALLY PAINFUL TO BE REJECTED. THIS CAN MEAN THAT WE WILL DO THINGS THAT WE WOULD NOT NORMALLY BE COMFORTABLE WITH IN ORDER TO BE ACCEPTED. WHEN WE DO THIS WE HAVE RESPONDED TO PEER PRESSURE.**

## *Some surprising truths:*

- Peer pressure is not so much about what others do or say though. It is more about what is going on in your mind. The more your identity and sense of wellbeing are based on being accepted by particular people, the more determined you are to conform to what they approve.
- Without realising it you are actually giving others the power to control you in some way.

## *How are you going?*

Are you feeling pressured?

- Do you spend quite a bit of time wondering about what other people think of you?
- Do you think a lot about how others have responded to you or treated you?
- Do you make plans about how you might get into a group that appeals to you?
- Do you have arguments with your parents about what you do with your friends?
- Do you compromise your personal standards in order to please your friends?
- Do you change your opinions about things depending on who you are with?

## *Some good news:*

Your current struggles with peer pressure can become a springboard to some very positive changes in your life. You will find that it is possible for you to be yourself and feel secure in any social setting.

Take time to think through these really important questions:

- What are the things that are really important to you?
- What makes you valuable as a person?
- Is there anyone who always has your best interests at heart and is wise enough to have the right to influence your decisions?

# YOUR MOST IMPORTANT CHOICE:

Because the direction of our life is naturally shaped by those whose approval we value, our most important choice is who we will allow that to be.

To explore these questions further, you can pick up the booklet entitled Peer Pressure from either

- the CEDAR Care Centre Waiting Area
- the CITYREACH Reception Desk

You are also most welcome to make a time to chat with one of the CityReach Cedar Counsellors.



**CITYREACH | CEDAR**  
CARE & COUNSELLING CENTRE

315-333 Fosters Road, Northgate  
8369 1000  
office@cityreach.com.au  
[www.cityreach.com.au](http://www.cityreach.com.au)