



The Peer Pressure Bag of Tricks

The Peer Pressure Bag of Tricks includes put-downs, rejections, and reasoning, as well as pressure without words, or unspoken pressure.

"WHO NEEDS YOU AS A FRIEND, ANYWAY?"

"IT WON'T HURT YOU!"

Have your friends ever used these lines on you? Did you give in, even though you didn't want to?

Learn to spot the tricks. Being aware of the pressure is the first step to resisting it.

Don't be the one who falls for these tricks.



The Tricks

Rejection: This is when someone threatens to end a friendship or a relationship. This type of peer pressure can be hard to resist because nobody wants to lose friends. Some examples of pressure by rejection are when someone says:

"WHO NEEDS YOU AS A FRIEND, ANYWAY?"

"IF YOU DON'T DRINK, WE WON'T HANG OUT ANYMORE."

"WHY DON'T YOU LEAVE IF YOU DON'T WANT TO DRINK WITH US?"



National Institute
on Alcohol Abuse
and Alcoholism

Put Downs: This is when someone insults a person or calls them names to make them feel bad. Some examples of put downs are when someone says:



Reasoning: This involves telling a person reasons why they should try something or why it would be OK if they did. (Nobody said these were good reasons.) Some examples of pressure by reasoning are when someone says:



Unspoken Pressure: This is something you feel without anyone saying anything to you. You feel unspoken pressure if you want to do the same things others are doing.

Some unspoken pressure tricks are:



The Huddle: A group of middle schoolers standing together in which everyone is talking and maybe looking at something you can't see, laughing and joking.



The Look: Classmates who think they're cool give you a certain look that means "We're cool and you're not."



The Example: A group of popular middle schoolers decides to get the same thing, like a smartwatch or a popular hoodie, and you want one, too.