

THIS WEEK'S TOPIC IS PEER PRESSURE



What is peer pressure?

Peer pressure is the influence that peers have on each other to do things they may not otherwise choose to do. Most of us have felt pressured in our lives and it is no different for your children as they grow up. Peer pressure can override your child's reluctance to take risks and so it is important to equip them with strategies to resist it.

Creating the right environment

As parents, it is obvious that you are going to have concerns about the friendships that your child is choosing but rather than worrying about the effects of your children's friendships, the best thing you can do is focus on creating a positive, supportive home environment. That way, even if your child is peer pressured to do something they don't want to do, they'll feel comfortable coming to you to talk about it first.



Self-monitoring

In school, your child will have been talking about self-monitoring, this means they are learning to know themselves well and notice their feelings and emotions. If your child is being pressured to do something they will feel uncomfortable, talk to them about what uncomfortable feels like so they can recognise it. Then talk about what they can do if they feel uncomfortable, such as talk to a grown up.