

FIGHTING PRESSURE

1. Are you vulnerable to bad peer pressure?
Why did you answer YES or NO to this question?

2. In the last month, where have you given in to bad peer pressure?

3. What signs can you look out for so you know you are facing bad peer pressure?

4. How can you fight bad peer pressure in a real-life situation?

5. What can you do to expose yourself to good peer pressure?

How Do We Fight Pressure?

- (1) Identify the Pressure
- (2) Spot the Behaviour
- (3) Check the Consequences
- (4) Remember your Identity
- (5) Find some Allies
- (6) Pray for Help

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