

Probable Solution

Peer pressure is the stress of strain one feels from friends and school mates to act, behave, think and look a certain way.

Teens today face numerous tensions that have an impact on the decisions they make. Sometimes these decisions are negative ones including the use of drugs or alcohol, teenage pregnancies and violence or just a desire to fit in.

There are positive kinds of peer pressure and it can be powerful in shaping positive behaviours in teens. Peer pressure can come on the form of encouragement to do better or making the right choice or decisions in life. Peer pressure can be supportive by helping each other develop new skills, or stimulate interest in books, music or extracurricular activities. Peer pressure can also create a sense of belonging where it increases self confidence.