Get That Pressure Off

By Robyn Mortensen

Peer Pressure is a widespread problem that is very common in many schools. Peer pressure is when a group or individual encourages or pressures someone to change their beliefs, values or behaviors. It can be good if you are being pressured to help someone, but it can also be evil. People can pressure you to do drugs, graffiti, or even rob a bank. If you just can’t say “NO!”, here is a list of things you can say and do if someone is pressuring you.

1. “Sorry, I have a disease that won’t let me do that.”
2. “I just called the police, and they’re on their way.”
3. “I just ate, and if I do that I will throw up all over you.”
4. “Sorry, it’s against my religion.”
5. “My parents signed me up for the random drug test, so I can’t.”
6. “Sorry, I have to go get a job.”
7. “If I do that, I will die instantly.”
8. “Look over there, a unicorn.” Then run away
9. Scream at the top of your lungs and run away
10. Pretend you don’t speak English

(These last three are meant to be humorous but you get the point.)

All these things may be cheesy, but they would work if you cannot just say “NO!” In general you should not be around people who are bad influences and who will pressure you. Stay around people with the same standards as you and who make good choices. You cannot always avoid peer pressure but if you limit your contact with bad influences, you will be pressured less. Don’t pressure anyone if you do not want to be pressured yourself. Let’s make Cope a peer pressure-free place.