



# Peer Pressure and the Media

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# What is Peer Pressure?

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- ▶ Peer pressure is when a social group influences other individuals by making them feel as though they need to change in order to “fit in”. This is known to cause lower self-esteem and self-confidence.



# Who Does Peer Pressure Influence Most?

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- ▶ Peer pressure commonly has the largest influence among adolescents. It affects their behavior, their attitude towards things and their self awareness.

"Peer Pressure among Adolescents." - Teenagers. N.p., n.d. Web. 08 Aug. 2012. <<http://www.aspeneducation.com/factsheetpeerpressure.html>>.



▶ EpSos.de. "Young Teenagers Playing Guitar Band of Youth." Flickr. Yahoo!, 27 Aug. 2010. Web. 08 Aug. 2012. <<http://www.flickr.com/photos/epsos/4933098878/>>.

# How Does Peer Pressure Happen?

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- ▶ Peer pressure happens when a person, or a group, is persuaded or coerced into doing something. It is usually to impress, or become relevant to someone of interest. You don't necessarily know what's best for yourself, so you ask for someone else's opinion.

"Peer Pressure." *ThinkQuest*. Oracle Foundation, n.d. Web. 08 Aug. 2012.

<[http://library.thinkquest.org/3354/Resource\\_Center/Virtual\\_Library/Peer\\_Pressure/peer.htm](http://library.thinkquest.org/3354/Resource_Center/Virtual_Library/Peer_Pressure/peer.htm)>.



Twitter: "What Parents Don't Know . . ." *Flickr*. Yahoo!, 08 July 2012. Web. 08 Aug. 2012.

<<http://www.flickr.com/photos/78428166@N00/7531774196/>>.

# Dangers of Peer Pressure

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- ▶ Peer pressure can have both a mental and physical effect
- ▶ Mental
  - ▶ Lowers self-esteem
  - ▶ Lowers self confidence
- ▶ Physical – Can lead to:
  - ▶ Abusing drugs
  - ▶ Abusing alcohol
  - ▶ Having sex
  - ▶ Death/Suicide

# What Influences Peer Pressure?

- ▶ Peer Pressure is influenced through a social group including peers/friends/associates, music (rap artists, singers), and movies
- ▶ They can promote negative inappropriate behavior
- ▶ It teaches a backwards kind of society and glamorizes negative behaviors



# Gender Differences

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## ▶ Females

- ▶ May appear to have lower self esteem and self confidence
- ▶ Media creates an unrealistic image of how girls/women should look
- ▶ In films girls/women are often portrayed as overly emotional and that they can't always control their hormones/emotions

## ▶ Males

- ▶ Worry about their body structures often
  - ▶ Get tattoos MORE often than women
  - ▶ Go to prison more often than women
  - ▶ Are involved in homicides more often than women
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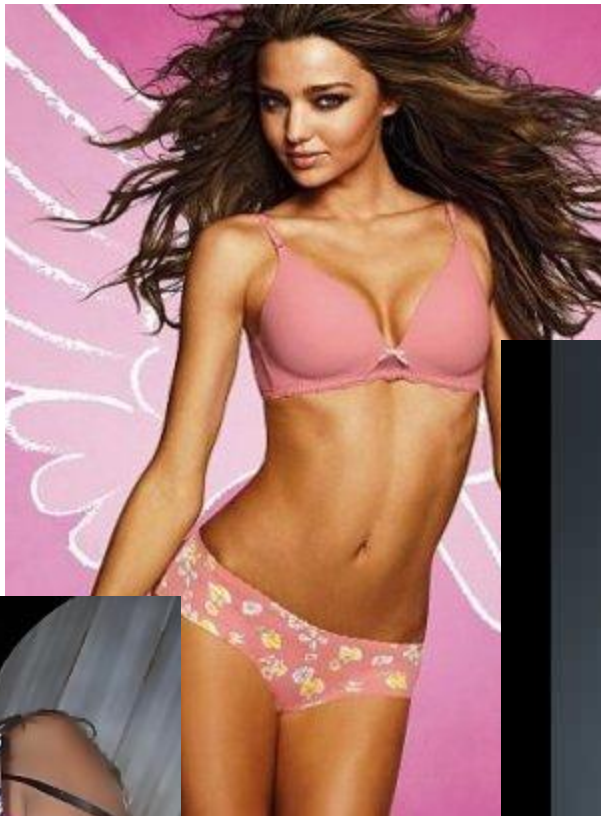
# What Influences Females?

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- ▶ What influences females most, is the way they're portrayed in the media.
- ▶ Those in the music industry have to become appealing by sexual standards. Females think they need to do the same to be noticed by others
- ▶ In movies, females are seen as an icon for sex and high maintenance.
- ▶ They need a social group to fit in with. Those around them influence their actions
  - ▶ Partying
  - ▶ Drinking
  - ▶ Becoming sexually active
  - ▶ Being stuck up (negative attitude)
  - ▶ Violence
  - ▶ Making non-attractive people (by society's standards) feel belittled







# What Influences Males?

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- ▶ In the music industry men have to have and do what every artist they find “cool” does
  - ▶ Treat girls in an inferior manner
    - ▶ Being with multiple girls/women at one time
  - ▶ Being sexually experienced
  - ▶ Smoking substances
  - ▶ Having nice/luxurious cars to be appealing
  - ▶ Get a lot of tattoos
- ▶ In movies men are usually heroes, gangsters, or big shots. This includes
  - ▶ Being a bachelor
    - ▶ Luxurious home
    - ▶ Luxurious car
    - ▶ Very attractive female companion
  - ▶ Having a “job” that is violent
  - ▶ Being a “Boss” i.e. The Godfather
- ▶ In society they all are influenced by the things they see and hear on TV and in the media





# How Does Peer Pressure Continue?

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Peer pressure spreads as if it were a rumor. But it's worst than a rumor in today's generation and society

- ▶ Not only is it spread physically, but due to today's constant use of technology (internet, cell phones, twitter), things become national rather than regional.
  - ▶ Because of social networking
    - ▶ People can interact with millions of people at a time
    - ▶ People can speak without even being in a location physically
    - ▶ Things one thinks is private is not always private
  - ▶ Because of internet
    - ▶ Social networking is popular
    - ▶ Media and news websites are more popular than watching the news on TV
    - ▶ It's a fast and interactive way to communicate





# PARENTS SPEAK UP



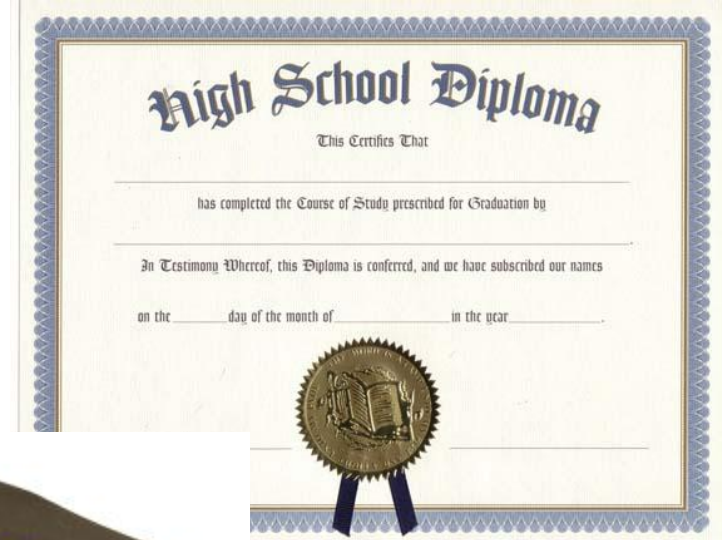
# How to Prevent Peer Pressure

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As easy as it is to become a victim of peer pressure, it's even easier to not become one. There are several things that can be done

- ▶ Parents should raise their children to be self confident and strong minded
  - ▶ They should find a happy medium between overly strict and too laid back
    - ▶ This will allow the teen to feel as though they have a secure home but that they also have control
- ▶ Have a healthy relationship with your parents
  - ▶ Communicate with them
    - ▶ Talk to them about school, friends, relationships
    - ▶ Build trust
    - ▶ Do not be afraid to ask your parents any question, they won't judge
- ▶ Be around the right friends and people who don't try to force you to be someone you are not
  - ▶ People aren't your friends if they don't allow you to be **YOURSELF!**
- ▶ Most importantly, Don't be Afraid to be **YOURSELF !**





**DRUGS**

**THIS CAN BE YOU**