



German Embassy School

Addis Ababa · አዲስ አበባ

Parents Workshop

Peer Pressure

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Agenda

1. What is peer pressure?
2. Positive and negative thoughts about peer pressure
3. Types of peer pressure
4. Common Areas of peer pressure
5. Why teenagers conform to their peer group
6. How do you know if your child is pressured by peers
7. How to support your child
 - a. Focus on positive peer pressure
 - b. Help them develop good friendships
 - c. Help them develop self esteem and self identity



1. What is peer pressure?

Peer pressure is when it gets to the point of

- losing identity
- stop being individual
- stay similar to the group
- influenced by a group behavior, its values, attitude
- „you want to fit in to be accepted”

2. Positive and negative thoughts about peer pressure

Positive

- encouraging good behaviors
- finding your own voice
- learn to stand up for yourself
- helps to develop your personality

2. Positive and negative thoughts about peer pressure

Negative

- hiding your own personality
- lack of individuality
- suppressing your own opinion



3. Types of peer pressure

Direct Peer Pressure

“Everyone else is doing it. Why aren’t you?”

This is when peers directly ask or encourage a child to do something, either explicitly or implicitly.

Indirect Peer Pressure

Children may feel pressured to conform just by observing the behaviors or choices of their friends, without being directly told to do something.

4. Common Areas of peer pressure

- substance use (alcohol, drugs, smoking)
- social media and online behavior
- academic performance (e.g., cheating, underperforming to fit in)
- fashion and appearance
- risky behaviors (skipping school, sneaking out)
- romantic relationships or sexual behavior
- friendship dynamics (e.g., excluding others, bullying)

5. Why teenagers conform to their peer group

Not having any
other friends to
hang out with

Fear of being
rejected or
criticised

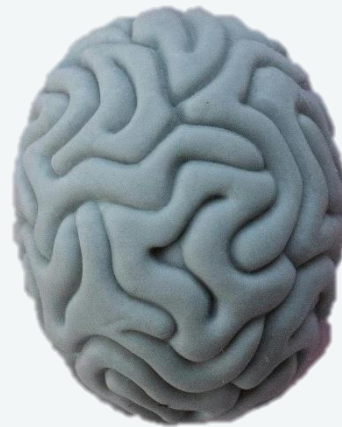
Fear of
embarrassment
or judgement

The need to
belong and the
sense of safety

5. Why teenagers conform to their peer group

Brain and peer pressure

The brain is only fully developed at 22 years of age.



After that, you no longer need social feedback as much.

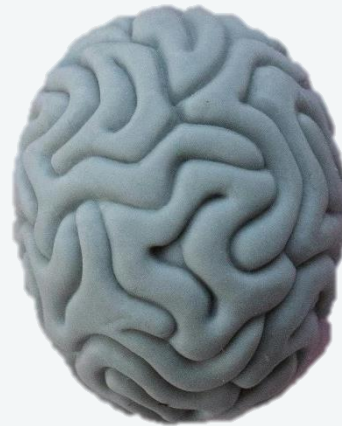
You know what values are important to you in friendships and groups.

Recognition is no longer as important as it is in adolescence.

5. Why teenagers conform to their peer group

Brain and peer pressure

Before that adolescence is a critical period where the brain is highly responsive to social feedback:



Teens are more likely to conform to peer behaviors because of a heightened sensitivity to social rewards, driven by the development of the brain's reward systems.

6. How do you know if your child is pressured by peers

- Low moods, tearfulness or feelings of hopelessness
- Aggression or antisocial behaviour that's not usual for your child – for example, getting into trouble with the police, fighting or stealing
- Sudden changes in behaviour, often for no obvious reason
- Trouble falling asleep, staying asleep or waking early
- Loss of appetite or overeating
- Withdrawal from activities your child used to like
- Statements about wanting to give up or life not being worth living

7. How to support your child

- **Focus on positive peer pressure**
- **Help them develop good friendships**
- **Help them develop good self esteem and self identity**

Focus on positive peer pressure

Encourage your child to make healthy, constructive choices by surrounding them with positive influences!

- **praise positive peer influence:** when you notice your child being influenced positively by their peers (e.g. helping with homework, making healthy lifestyle choices), acknowledge and praise them
- **create opportunities for positive peer interaction:** organize e.g. playdates where positive behaviors are encouraged
- **discuss peer pressure openly**
- **equip your child with tools to handle negative peer pressure:** teach them how to confidently say "no" to behaviors or actions they don't agree with
- **empower your child to stand up**

Help them develop good friendships

Encourage positive friendships!

- talk to them about how a good friend will be: set an example!
children often imitate the behavior of those around them
- use your own positive experiences of friendship to help guide your child
- tell them the truth and listen without judgement
- help your child connect with peers who have similar values, interests, and good habits
- don't pressure them, blame them or make them feel anxious

Help them develop good self esteem and self identity

Encourage self confidence!

- help your child to make independent choices
- encourage your child to embrace their unique qualities and talents
- encourage your child to have confidence in their decisions



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**Thank you very much for your
attention**

Have a blessed day

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