



Peer Pressure

peer ['pɪr] pres·sure ['pre-shər] noun,
Origin: Middle English, from Old French *per*,
equal, *peer*, from Latin *pār*; see *pere*-² *pressūra*,
from *pressus*, in Indo-European roots.



The power of a herd is an amazing thing. In nature, there are many good reasons for herds to gather: protection, identity, companionships. But the herd can also cause problems, leading many to follow in the wrong direction and destroy everything in its path.

**WHOEVER WALKS WITH
THE WISE BECOMES WISE,
BUT THE COMPANION OF
FOOLS WILL SUFFER HARM.**

PROVERBS 13:20

**THE FEAR OF MAN LAYS
A SNARE, BUT WHOEVER
TRUSTS IN THE LORD IS SAFE.**

PROVERBS 29:25



Unravel the Travel

**Who is in your herd?
Identify the peers who
have the most influence in
your life by listing their
names below.**



TRAVEL ADVISORY

Running with a herd gives us a sense that we have value, that we are a part of something. But there are also challenges and risks involved.

Discuss your list with your mom or dad. If they don't know someone on your list, describe your relationship with that person.



TRAVEL ADVISORY

Conditions are favorable for peer pressure to occur.

Be aware of the following:

1. Everyone is susceptible to peer pressure.
2. Yes, even _____.
3. Your _____ will be tested.

Unravel the Travel

What would you do? Discuss Deb's Dilemma—the story you just listened to—with your mom or dad.

1. Do you think Deb handled this situation the right way?
Why, or why not?
2. What could she have done differently to handle it better?
3. What do you think you would do in a similar situation?

P2P Survival Manual

DON'T BE STAMPEDED BY PEER PRESSURE:

1. KNOW IN ADVANCE WHAT YOU WILL DO.
2. MAINTAIN THE COURAGE TO STAND FOR YOUR CONVICTIONS.

WHAT'S THE RISK OF GIVING IN TO PEER PRESSURE?

1. _____ RUINS GOOD MORALS.
2. YOUR FRIENDS CAN HAVE A _____
INFLUENCE ON YOU.



Do not be deceived: “Bad company ruins good morals.” Wake up from your drunken stupor, as is right, and do not go on sinning.

1 CORINTHIANS 15:33-34

PPPO
**PEER PRESSURE
PROTECTION
ORGANIZATION**

FOR IMMEDIATE RELEASE

With the approach of peer pressure season, we wanted to remind you of proven ways that will help you avoid injury.

1. Be the influencer. Sure, your friends are affecting you, but you can affect them too.
2. Be on the alert for unusual behavior. If a friend acts one way when his or her parents are around and a different way when they're not, be cautious. A person of integrity and conviction is steady and reliable.
3. Being kind does not mean giving in. If you know you shouldn't join your friends in a certain activity, just say no. You don't have to be rude, but you should stand firm.
4. Asking for help is not immature. You're growing up and you're able to do more things on your own, but even adults need help. If you're concerned about some of your friendships, talk to your mom or dad about them.
5. Pray. You are never alone. God is listening.

Project: Mixing Friends

What will you think of when you remember this project?

Write your thoughts under the picture.





The people you spend time with will influence you. You will begin to be shaped and molded by them, whether the influence is good or bad. And bad company will corrupt. Your friends can cause your morals to decay if they do not share your convictions.

What do you look for in a friend?

- A. What do you know about their _____? What are their desires? What are they most interested in?
- B. What about their _____? Are their words clean and truthful? Do they talk about things they shouldn't? Do they tear down other people?
- C. Where do their _____ look? What do they watch? What do they read? What kind of sites do they like to visit on the Internet?
- D. Where do their _____ take them? Would you feel right about going to the same places they go? Would Christ approve?

Keep your **heart** with all vigilance, for from it flow the springs of life. Put away from you crooked **speech**, and put devious **talk** far from you. Let your **eyes** look directly forward, and your **gaze** be straight before you. Ponder [consider carefully] the path of your **feet**; then all your ways will be sure. Do not swerve to the right or to the left; turn your **foot** away from evil. (Proverbs 4:23-27)

**LOOK CAREFULLY THEN, HOW YOU WALK,
NOT AS UNWISE, BUT AS WISE, MAKING THE BEST
USE OF THE TIME, BECAUSE THE DAYS ARE EVIL.**

EPHESIANS 5:15-16

Unravel the Travel

Fill in the chart on the next page using the following instructions:

- (1) Fill in the words that describe how you think an ideal friend would act in each of the categories listed down the first column.
- (2) Write the names of your two or three closest friends in the empty boxes across the top of the chart.
- (3) Referring back to the descriptions of heart, speech, eyes, and feet (from the previous page) do a quick checkup for each friendship you listed by:
 - Placing a question mark (?) in any box where you have concerns about how that friend may be doing (*Remember: You are not trying to judge your friends, but are only trying to decide if you are choosing friends wisely.*) and
 - Placing a star (*) in any box where you feel that friend shows strong influence and whose example you feel you can follow without regret.
- (4) Finally, what do you think your friends would say about you? In the last column, use the same (?) and (*) marks to indicate how you think you are doing in each of the same categories.

Before moving on, discuss your completed chart with your mom or dad.



Influence Chart

ideal friend	me				
heart					
speech					
eyes					
feet					

You need to _____ :
_____ :
what you will do when pressured to do
the wrong thing.

The Example of Daniel

(see Daniel 1)



Daniel determined in advance that he would stand on his convictions, even if it meant saying no to something that looked inviting. He showed respect to others without committing evil. He enjoyed God's favor and continued to trust and obey.

You need to know _____ you are and _____ you are here.

**FOR WE ARE HIS WORKMANSHIP,
CREATED IN CHRIST JESUS
FOR GOOD WORKS, WHICH GOD
PREPARED BEFOREHAND, THAT
WE SHOULD WALK IN THEM.**

EPHESIANS 2:10

- > You are created in God's image.
- > God has a mission for you—a unique purpose.
- > Will you be a missionary or a _____?



You need a personal relationship with Jesus Christ

As a young man I stepped into a lot of traps and disobeyed God, which is what the Bible calls _____. I was well aware that I had missed the mark and needed God's forgiveness for my sins.

Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

"Death" means "_____ " from God. Because we've sinned against God we need God's forgiveness, we need a Savior.

Romans 5:8 "But God shows his love for us in that while we were still sinners Christ died for us."

Jesus Christ did for you and me what we couldn't do for ourselves. He paid the penalty on the cross for our sins. But it's not enough just to know that He died for your sins. You need to personally place your faith in Him and give Him first place in everything.

John 1:12 "To all who did receive him, who believed in his name, he gave the right to become children of God."

As a young man, I needed a personal relationship with Christ to help me resist temptations and avoid relationships that would negatively influence me. I realized if I was going to be the man God created me to be I needed to give Jesus Christ preeminence— _____ in everything. It was at this point in my life that I asked Jesus Christ to be my Savior from my sins and to be the Lord, Master, and have first place in my life.

Make Up Your Mind

Part 1: Knowing God Personally

What about you?

Are things right between you and God? Is He the center of your life? Is His plan for your life your priority? Or is life spinning out of control as you seek to go your own way?

If you have been going your own way, you can decide today to ask Him to forgive all your sins and begin the process of changing you. You can turn to Christ, surrender your life to Him, and begin the adventure of allowing Jesus Christ and the Scriptures to transform your life. All you need to do is talk to Him in faith and tell Him what is stirring in your mind and heart.

Talk with your mom or dad about what you just read by discussing these questions together.

1. Do you have any questions about what it means to know God personally?
2. Have you received Christ as your Savior?
3. If you have, tell your mom or dad about it . . . When did it happen?
How has your life changed as a result of that decision?
4. If you haven't, would you like to right now?



Prayer may be new to you, but understand that God knows your heart and is not as concerned with your words as He is with the attitude of your heart. Here is a suggested prayer to guide you:

Lord Jesus, I need You. Thank You for dying on the cross for my sins. I receive You as my Savior and Lord. Thank You for forgiving my sins and giving me eternal life. Make me the kind of person You want me to be. Amen.

Make Up Your Mind (project optional)

Part 2: Peer Pressure

Discuss the following situation with your mom or dad.

You and three others are spending the night at your best friend's house. One friend opens his bag and pulls out a six-pack of beer that he smuggled in. Everyone begins drinking except you, and they begin to pressure you to do the same.

"One drink isn't going to hurt you," they say. "So what if your parents tell you that you can't drink alcohol? Do you think they always obeyed their parents? Do you think they never broke any rules?"

1. What would you do?
2. What are some things you think you'll be pressured by your friends to do in the next few years?
3. What do you think you need to do to resist negative peer pressure?
4. What can you do to have a positive influence on your friends?