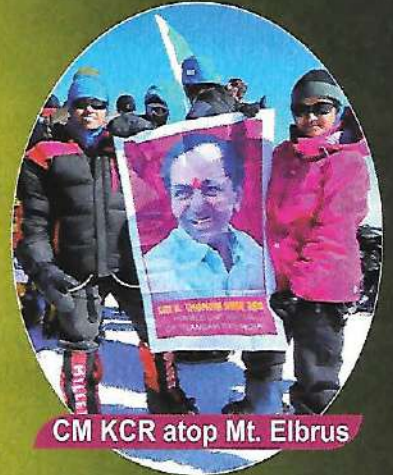


July-August 2017

SWAEROES

An in-house journal of
Telangana Social Welfare & Tribal Welfare Residential Schools



CM KCR atop Mt. Elbrus

Poorna & Sri Vidya pay
tributes to benevolent CM KCR for
launching 30 residential
degree colleges for women

RAMON MAGSAYSAY AWARDEE

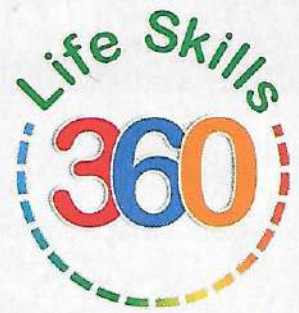
BEZWADA WILSON

SWAERO AGAINST

MANUAL SCAVENGING



Good Peer Pressure - Bad Peer Pressure



Introduction

When we are with our friends, do we always do things that we want to do? Or, were there times when we did something because our friends wanted us to do it? For example, we may have wanted to play football the other day, but ended up playing cricket because our friends wanted to play cricket. In another example, we may have wanted to buy a Minnie Mouse school bag, but instead purchased a Cinderella school bag because all our friends owned a Cinderella school bag. This is called Peer Pressure.

People who belong to the same age group, like our classmates, are known as our peers. Moreover, when they try to influence us to do something, it is called Peer Pressure. When we do something that we enjoy doing, it is called Good Peer Pressure and when we do something that we do not enjoy doing, it is called Bad Peer Pressure.



Do you know?

Most of the time, we get influenced by our peers while talking to one another. However, it is also possible that we get influenced even without our peers talking to us.

For example, if two or more of our friends are carrying a particular variety of water bottle, we too feel like purchasing a similar one. In this case, the influence of our peers is not through speaking.



Story

On a **WARM WINDY** afternoon, Nimra, Sid, Sirina, Jay and Maya are walking towards the parking lot of a school.

Sid is excited to see expensive cars parked there. He exclaims, "Hey, the yellow one is my friend's car. He and my other friends in class wear expensive **WATCHES**." Sid continues, "Since the others have it, I asked my dad to buy one such watch for me too."

Nimra says, "I don't like wearing *Amara* brand of clothes but still have to wear them because my friends do." Sirina smiles and points out, "When you do something that you do not enjoy and do it just because your friends do, that is called Bad Peer Pressure."

Sirina continues, "That reminds me, Jay, why do you play **SOCCER**?"

Jay replies, "I play soccer because all my friends do. I enjoy it too."

Sirina quickly adds, "See, Guys! That is called Good Peer Pressure. Jay's **FRIENDS** want him to do something they all do and he enjoys doing it. Good Peer Pressure helps bring out the best in each of us."

"What about your interest in **BOOKS**?" asks Sirina, turning towards Maya.

"Yes, I enjoy reading books and I started doing that because Nimra wanted me to," says Maya cheerfully. Sirina exclaims, "There you go, another example of Good Peer Pressure."

Sid and Nimra now understand that doing what they like is more important than doing something to please their friends. They are happy.

 **Now I know**

- Find a friend who likes doing what you like.
- Be a part of a group that enjoys doing the same things as you do.
- Learn to say "No" to things that you don't want to do or don't like to do.
- Your good friends will never force you to do something that you don't enjoy doing.



 **Individual Activity**

1. Who are peers? _____
 - a. People who are about our age
 - b. Classmates
 - c. All of the above
2. In "Peer Pressure", the word pressure means _____
 - a. To Hurt
 - b. To Push
 - c. To Influence
 - d. To Ignore
3. True or False: Peer Pressure is always bad. _____
4. When our friends try to influence us to do things that are harmful or wrong, it is called _____ Peer Pressure. When friends try to influence us to do things that are helpful or kind, it is called _____ Peer Pressure.

5. List down two things that you did because of Good Peer Pressure, things that you enjoyed doing.	List down two things that you had to do because of Bad Peer Pressure, things that you did NOT enjoy doing.
a.	a.
b.	b.

 **Group Activity**

1. The teacher can divide the class into two groups.
2. The groups can be given 10-15 minutes time to think of a few tricky 'Peer Pressure' situations.
3. The first group gives a tricky situation dealing with peer pressure to the second group.
4. The second group comes up with four responses that make it clear to your friend that you are not interested. The responses can be made a bit more interesting if the second group can state the situation and enact the responses. The responses could be in the following four different ways:
 - a. Aggressive (Disrespectful to others) - Can be straightforward ("No way").
 - b. Deliberately distracting - "Pizza? No, Thanks. But I like to eat Ice Cream?"
 - c. Assertive (Respectful to oneself as well as to others) - "No, Thank you!"
 - d. Funny/Erasive - "Nope. I get a stomach ache when I eat Pizza."
5. After giving their responses, the second group can give a tricky situation to deal with peer pressure to the first group.
6. The first group can then come up with four different responses to get out of the tricky situation.
7. This process can be repeated until students can clearly understand how to deal with Peer Pressure.

Some suggested situations

1. You have a Maths test in the seventh period. Your friend from a different section, who had the same test in the third period, steals a copy of the question pape and offers it to you.
2. Your friend wants you to pretend you are his/her mom and call the school to request to be excused from attending school.