

GAZE 15:

Less known peer pressure, but though are equally responsible.

- **The lack of self-confidence to go one's own way.** It is easier to follow the footsteps of another than to make your own. There is also a certain level of safety that comes with following another. Taking the road less traveled by making your own choices takes self-confidence and self-



assurance.

- **The desire to avoid embarrassment.** Many people fear embarrassment more than death. Knowing this, it is easy to see how important effective communication can be in responding to peer pressure.



"A good response cannot only save one from embarrassment, but give others the confidence to not give in to the peer pressure as well. Those who lead are often well respected by those who follow.



- **The lack of using one's own mind.** Again it is reacting, rather than responding that causes one to get in trouble. Think about the consequences of your actions, both present and future. Don't give in and sacrifice your long-term goals for short-term gratification.



- **The lack of unbiased information.** When someone feels pressure from peers, they are often presented with biased information. Again it is preparation that can help one to avoid peer pressure by knowing all the facts. Anticipate peer pressure in life and get the facts from a reliable source. Educate yourself and your children - don't count on the school system to do it.

The biggest peer pressure in adulthood is being expected to behave, act, and perform like your peers rather than becoming the person you are capable of becoming.

People are often categorized as either leaders or followers. Be a leader. Think before you act and act on what you believe. Never allow others to influence your actions or behaviors without using your own mind and be consistent with your goals in life. Success often follows those who refuse to follow others.