

Back to School



Papers. Pencils. Peer Pressure.

Issues Affecting Teens

- **Bulling**
 - Face-to-face
 - Facebook
 - Twitter
 - Myspace
 - Email
 - Instant messenger
 - Other social media sites
- **Peer Pressure**
 - A teen's closest group of friends can influence what they say, do, and wear.
- **Sexuality**
 - Hormones. Technology. "Sexting". A parent's worse nightmare. Talk to your kids about consequences and discuss abstinence and or contraception.
- **Weight**
 - Some teens struggle with unhealthy eating habits, which may lead them to become self-conscious about their bodies. Encourage healthy eating and positive body image.
- **Alcohol and Drug Use**

Peer Pressure 2.0

Kids and teenagers today are faced with different issues than what their parents had to deal with. Nevertheless, some of these issues remain the same, like peer pressure, alcohol and drug use and sexuality. However, due to changes in technology, kids and teenagers must now face challenges such as cyberbullying, "sexting" and social media scandals. It is important that parents and teachers are aware of these issues, so that they may help prevent serious problems from occurring.

Set age-appropriate boundaries— and stick to them

- Try establishing clear boundaries for kids; such as where they can and can't go and what time they must be home. Talk about these before the first week of school. That way, you'll be spared unpleasant surprises, and they'll be spared calling you in front of new friends only to be told they can't do something.

Teach kids to recognize trouble situations

- Most peer pressure isn't blatant. It's crafted to appeal to a young person's interests or need for acceptance. Talk to kids about what to look and listen for.

Teach how to think logically in 30 seconds

- Assessing messages quickly and logically helps a child stop trouble before it starts: the longer a child hesitates, the more time their tempter has to crank up the pressure, which in turn makes it harder to resist. The real key is thinking logically. Try and teach kids to think about what they're being pressured to do, and what the consequences will be.

Hold kids accountable for their actions.

- Despite the power of peer pressure, kids can still make choices. When they make bad ones, they must face the consequences.