Chapter 6

Section 6.1
Peer Pressure

Section 6.2
Refusal Skills
Influences on Decisions and Actions

- Decisions are influenced by both **internal** and **external pressures**.
- Understanding the different pressures and their effects can help you make better choices.
Influences on Decisions and Actions

• Internal pressures come from within you, developed from the values you have learned.
• External pressures come from outside sources: the media, your family, and your peers.
Positive Peer Pressure

- Peer pressure can be positive when peers encourage each other.
- Positive peer pressure can help motivate people and give them a sense of belonging.

What parts of your life are affected by the influence of your parents and other family members?
Negative Peer Pressure

- Negative peer pressure influences you to do something that is not in your best interest, conflicts with your values, or makes you uncomfortable.
Negative Peer Pressure

- Resisting negative pressure from peers can be difficult.
- Aggressive behavior is negative rather than positive.
- Physical consequences can lead to physical injuries and risks to health.
Negative Peer Pressure

- Emotional consequences can lead to stress, worry, and feelings of guilt.
- Negative peer pressure can lead to illegal acts.

How could the legal consequences of an action affect future educational or work opportunities?
Negative Peer Pressure

- Social consequences include losing friends, while educational consequences include causing grades to suffer.
- Your decisions can also affect others.
Manage Peer Pressure

• Managing peer pressure allows you to benefit from its positive effects and avoid the negative.
• Knowing what is right for you involves having a strong sense of self.

**Vocabulary**

**sense of self**
Your idea of who you are.
Manage Peer Pressure

• A sense of self is your idea of who you are, based on your emotions, personality, and the way you see the world.

• Learn to know yourself well.

Check Your Knowledge

How can having a strong sense of self help prepare you to handle peer pressure?
Chapter 6  Peer Pressure and Refusal Skills

Manage Peer Pressure

• Have a strong value system and confidence in your judgment.

• Develop high self-esteem and keep your priorities clear.
Manage Peer Pressure

• Three steps to prepare for peer pressure are:
  • Identify those that are most likely to pressure you.
  • Avoid these people and situations.
  • Practice how you will respond to these people and situations.
Using Refusal Skills

• Refusal skills include changing the subject, not apologizing, rejecting the action, and using humor.
• Peer pressure continues throughout life; learning to deal with negative pressure will protect you.

How can humor be used effectively to change a negative situation into a positive one?
Avoid Risky Behaviors

- Say “no” to harmful substances like tobacco, alcohol, and other drugs.
- Abstinence is the only sure way to protect yourself from high-risk behaviors, including sexual activity.
Chapter 7

Section 7.1
Consequences of Conflict

Section 7.2
Settling Conflicts
Why Conflicts Happen

- Some **conflicts** can be easily resolved, but others can lead to disagreements or **violence**.
- A **power struggle** happens when different people or groups feel a need to be in control.
- **Prejudice** is an unfair judgment of others made without knowing all the facts.
Results of conflict

- Conflicts can have both positive and negative results.
- Positive results foster a good working environment, a place where people know their opinions will be heard.
- Negative results include negative emotions, stress, hurtful words, damaged relationships, and violence.
Violence

• Bullies may need help dealing with their own insecurities and anger.
• Seek help from bullying from trusted adults.
Conflict Prevention

• The best way to deal with conflict is to keep it from happening.
• Conflicts may escalate into bigger disagreements or violence.
Conflict Prevention

• Often, it is easiest to adapt your behavior to match the other person’s.

• Self-awareness can help you adjust your attitude.

• Violence is never acceptable in settling differences.

• Warning signs of violence include drug and alcohol use, prejudice, social withdrawal, and threats.
Conflict Resolution

• Find a fair solution that is considerate of both sides of an argument.
• Preserve the relationship if it can continue healthfully.
• Strengthen your existing relationships by keeping communication open and respectful.
Conflict Resolution

• A win-win solution benefits everyone involved.
• Sometimes, a solution to a conflict cannot be reached between the parties involved.
• A third party may be needed to help resolve the situation.