



MANITOBA ADDICTIONS AWARENESS WEEK

Created 1998

PEER PRESSURE & MARIJUANA

This activity is private. No one will read what you write.

You've heard a lot about peer pressure. But sometimes it can be hard to define what goes on in your life as "peer pressure." The fact is that no one lives entirely alone; we have all learned things from other people. The language we speak, the food we eat, the clothes we wear, even the way we think...are all influenced by the company we keep. That does not mean we are powerless. We can still decide what behaviors are okay and what is unacceptable. The purpose of this exercise is to help you think about the ways that others influence you.

Have you ever . . .

Yes/No

Have you ever . . .	Yes/No
1. Joined in as your friends made fun of someone outside your group?	
2. Started watching a specific television series because everyone else at school was talking about the characters?	
3. Pretended to like a person you really hate just to fit in ?	
4. Stolen something because someone dared you?	
5. Bought certain clothes because your friends wore the same thing?	
6. Joined a club or athletic team because your friends did?	
7. Laughed off an offensive comment to avoid making a fuss?	
8. Stayed out past your curfew because you did not want your friends to think you were a baby?	
9. Taken a sip, puff, or snort of something that a friend offered you?	
10. Ignored a family obligation because you promised your friends you would hang out with them?	
11. Found yourself altering your stance on a subject to match a friend's opinion?	
12. Decided to do something unusual in the hope that you would impress your friends?	

Assessing yourself: Think about what each of your "yes" answers mean. Are you a follower? Are you happy with the places your "leaders" have taken you? What would you like to change?