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### **Peer pressure articles:**

Article 1:

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01915/full>

Reference:

Ciranka, S., & van den Bos, W. (2019, August 5). *Social influence in adolescent decision-making: A formal framework*. *Frontiers*. Retrieved March 4, 2023, from <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01915/full>

Title: Social influence in adolescent decision-making : a formal framework

Peers impact almost all aspects of adolescent lives, from the more trivial, such as taste in music and clothing, to the more serious, such as the use of illicit drugs or engaging in unprotected sex (Steinberg, 2008). These later, riskier, choices may also convey lifestyles- long effects for the adolescent and bring significant consequences to society as well. It is empirically well established that the presence of peers influences risky behavior in adolescence (Gardner and Steinberg, 2005; Chein et al., 2011; Pfeifer et al., 2011; Smith et al., 2014), but the underlying developmental processes remain poorly understood. Understanding these processes, however, is important for at least two reasons. First, empowering teens to end up greater ready selection-makers may be extra powerful if we are successful at tailoring interventions to their developmental affordances. Secondly, we can most effectively identify these affordances if we prevail at linking adolescent neuronal and cognitive development with adolescent behavior throughout unique social contexts.

Article 2:

<https://kidshealth.org/en/teens/peer-pressure.html>

Reference:

Experts, K. H. B. H. (Ed.). (n.d.). *Peer pressure (for teens) - nemours kidshealth*. KidsHealth. Retrieved March 4, 2023, from <https://kidshealth.org/en/teens/peer-pressure.html>

Article Topics Reviewed:

- Who are your peers

- Peer influence isn't all bad
- When the pressures on
- Pressure pointers

Article 3:

<https://insight.kellogg.northwestern.edu/article/peer-pressure-can-lead-teens-underachieve-schools-cool-to-be-smart>

Reference:

Farley/Booz, G. E. J. (2019, May 10). *How peer pressure can lead teens to underachieve-even in schools where it's "cool to be smart"*. Kellogg Insight. Retrieved March 4, 2023, from <https://insight.kellogg.northwestern.edu/article/peer-pressure-can-lead-teens-underachieve-schools-cool-to-be-smart>

Title:

How peer pressure can lead teens to underachieve- even in schools where it's "cool to be smart".

Summary-

Peer pressure can play a huge role in the choices that students make in school, extending beyond the clothes they wear or music they listen to. In a few colleges, perhaps students face a social stigma for publicly making an effort to excel. The researchers referred to as this lifestyle "smart to be cool." but in other schools, perhaps high achievers are popular, and students sense strain to do well; in different phrases, it's "cool to be smart." perhaps counterintuitively, this sort of school tradition may also motive youngsters to keep away from taking part if they do no longer view themselves as smart and don't want to show their terrible grasp of the fabric.

Peer stress can play a huge feature within the alternatives that scholars make in college, extending past the garments they wear or songs they listen to.

Article states: "If social pressure rewards high performance, then they might want to shy away from engaging if they feel unprepared," Egorov says.

Given that, it is important for administrators to know which culture is stronger at a particular school when designing policies, Egorov says. For example, in a cool-to-be-smart school, students might be more likely to attend an after-school program if it is called "enrichment" rather than "extra help." But in a smart-to-be-cool school, kids might find it more socially acceptable to seek "extra help" to avoid failing a class than "enrichment," which suggests trying to excel.

Overall, the research suggests that the reasons why some students fail to take advantage of educational opportunities can differ greatly depending on the school's overall culture.

## Healthy VS. Unhealthy articles

Article 1:

<https://counseling.sa.ua.edu/resources/healthy-vs-unhealthy-relationships/>

Reference:

*Healthy vs. unhealthy relationships*. Counseling Center. (2020, April 15). Retrieved March 4, 2023, from <https://counseling.sa.ua.edu/resources/healthy-vs-unhealthy-relationships/>

Title:

What is a healthy relationship?

While all relationships are different, there are a few key aspects of healthy relationships:

- Should be based on equality, respect and trust.
- Shouldn't be any imbalance in the relationship.
- Should work to address any imbalances in the relationship.

No relationship is perfect and there are always things that you can work on. Indeed some of these things take time to establish, such as good communication. However, you should always feel safe in a relationship and feel that you are equal with your partner and you both respect each other. This also applies in relationships with family and friends.

Healthy versus Unhealthy :

Important aspects of a healthy relationship are:

equality, respect, communication, trust, responsibility and accountability, support, honesty, boundaries, and non-threatening behavior.

Aspects of an unhealthy relationship include:

lack of communication, dishonesty, disrespect, dependence, jealousy, manipulation, criticism, isolation, constant fighting, and controlling behavior.