

Lauren Bartolome and Brittany Tomala
Professor Ibiezugbe
NUR392: Nursing Care of Children & Adolescents
March 5, 2023

Topic: Peer pressure/ Healthy versus unhealthy relationships

Outline:

1. Who are your peers?
 - Your friends or your peers are people your age or close to it who have experiences and interests similar to yours. You and your friends make dozens of decisions every day, and you influence each other's choices and behaviors. This is often positive; it's human nature to listen to and learn from other people in your age group.
 - Peers could be those in your grade, church, sports team, or community.
2. Peer influence
 - Your peers can have a positive impact in our lives.
 - **Friendship.** Among peers you can find friendship and acceptance, and share experiences that can build lasting bonds.
 - **Positive examples.** Peers set plenty of good examples for each other. Having peers who are committed to doing well in school or to doing their best in a sport can influence you to be more goal-oriented, too. Peers who are kind and loyal influence you to build these qualities in yourself. Even peers you've never met can be role models! For example, watching someone your age compete in the Olympics, give a piano concert, or spearhead a community project might inspire you to go after a dream of your own. They can motivate you and push you to do better.
 - **Feedback and advice.** Your friends listen and give you feedback as you try out new ideas, explore belief, and discuss problems. Peers can help you make decisions, too: what courses to take; whether to get your haircut, let it grow, or dye it; how to handle a family argument. Peers often give each other good advice. Your friends will be quick to tell you when they think you're making a mistake or doing something risky.
 - **Socializing.** Your peer group gives you opportunities to try out new social skills. Getting to know lots of different people like your classmates or teammates. This gives you a chance to learn how to expand your circle of friends, build relationships, and work out differences. You may have peers you agree or disagree with, compete with, or team with, peers you admire, and peers you don't want to be like.
 - **Encouragement.** Peers encourage you to work hard to get the solo in the concert, help you study, listen and support you when you're upset or troubled, and empathize with you when they've experienced similar difficulties.
 - **New experiences.** Your peers might get you involved in clubs, sports, or religious groups. Your world would be far less rich without peers to encourage you to try sushi for the first time, listen to an album you've never heard before, or to offer moral support when you audition for the school play.

3. Peer pressure

- Sometimes, though, the stresses in your life can actually come from your peers. They may pressure you into doing something you're uncomfortable with, such as shoplifting, doing drugs or drinking, taking dangerous risks when driving a car.
- The pressure to conform (to do what others are doing) can be powerful and hard to resist. A person might feel pressure to do something just because others are doing it (or say they are). Peer pressure can influence a person to do something that is relatively harmless — or something that has more serious consequences. Giving in to the pressure to dress a certain way is one thing — going along with the crowd to drink or smoke is another.
- People may feel pressure to conform so they fit in or are accepted, or so they don't feel awkward or uncomfortable. When people are unsure of what to do in a social situation, they naturally look to others for cues about what is and isn't acceptable.

4. What can you do if you are in an uncomfortable situation?

- Listen to your gut. If you feel uncomfortable, even if your friends seem to be OK with what's going on, it means that something about the situation is wrong for you. This kind of decision-making is part of becoming self-reliant and learning more about who you are.
- Try to not place yourself in a situation where you believe will put you in an uncomfortable spot.
- Arrange a "bail-out" code phrase you can use with your parents without losing face with your peers. You might call home from a party at which you're feeling pressured to drink alcohol and say, for instance, "Can you come and drive me home? I have a terrible earache."
- Learn to feel comfortable saying "no." With good friends you should never have to offer an explanation or apology.
 - But if you feel you need an excuse you can always say, "No, thanks, I've got _____."
- Hang with people who feel the same way you do. Choose friends who will speak up with you when you're in need of moral support, and be quick to speak up for a friend in the same way. If you're hearing that little voice telling you a situation isn't right, chances are others hear it, too. Just having one other person stand with you against peer pressure makes it much easier for both people to resist.
- Express that you would not participate in such activities by saying your parents would not want you doing those activities
- If a situation seems dangerous, don't hesitate to get an adult's help.

5. Healthy Relationships

- 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.
- Factors of a healthy relationship:

- **Equality:** You and your partner or friends should view each other as equals.
- **Respect:** Includes respecting human beings as unique individuals to include: respect of dignity and seeing value in each other.
- **Communication:** You should feel comfortable expressing your thoughts, ideas and feelings. You should be able to agree to disagree in a constructive way.
- **Trust:** Being able to trust others is key to a healthy relationship. Trust is established over the course of a relationship through showing consistency in words and actions.
- **Responsibility & Accountability:**
 - Being responsible and accountable to others.
 - Not placing blame on others and owning up to mistakes.
 - Doesn't mean having to constantly check in or report to the other person.
- **Support**
 - Encourage others to grow separately and together.
 - Have enthusiasm for your dreams and goals and for those in your circle.
 - Be supportive in good and difficult times.
- **Honesty:** Honesty is important in a healthy relationship. You can't build a good foundation on lies.
- **Boundaries:** Boundaries should be respected at all times.
 - Establishing what you are comfortable and uncomfortable with.
 - Includes personal/physical boundaries and being able to say no.
 - Includes giving consent.
 - Maintaining your own friends and separate interests can be a form of having boundaries.
- **Non-threatening behavior:** You should always feel safe in your relationship. You should never have to worry that your family or friends are going to intentionally harm you. Neither should try to maintain power and control over the other.

6. Unhealthy Relationships

- **Dishonesty:** Continual and repeated dishonesty is not a good foundation for any relationship.
- **Disrespect:** Disrespect includes name calling, breaking boundaries, and constantly questioning and criticizing the other person's choices and decisions.
- **Jealousy:** Jealousy becomes unhealthy when it's constant or excessive and becomes about one partner possessing the other.
- **Manipulation:** Manipulation can take many forms to include: mind games, convincing a someone to ignore their wants/desires/needs and using guilt to manipulate others.
- **Criticism:** Using criticism to tear the other person down could be a form of emotional abuse.

- **Isolation:** Isolation is an often used tactic by abusers to make the victims/survivor dependent on them by cutting off their ties to support networks, thus increasing their power and control in the relationship.
- **Constant fighting:** While all relationships will have some conflict in them, if you are constantly fighting, this could be a bad sign. You shouldn't have to feel combative when you're with your partner, family or friends.
- **Controlling behavior:** Domestic violence is about power and control. Behavior includes controlling where others go, see and do. Other examples include using intimidation or coercion to get their way. Emotional, verbal and physical abuse is also a form of control.

Conclusion:

- Peers and relationships can have a positive impact on our lives like we mentioned earlier but unfortunately they may also bring stress and negative views in our lives
- It is important to have a trusted adult to report to if you are feeling unsafe or uncomfortable