

PEER INFLUENCE

Fact Sheet

These are some of the main forms of negative peer influence, what they sound like and what you could say in response.

• Rejection

Definition:

Worrying about others leaving you out or not wanting you around if you refuse to go along with what they are doing.

REJECTION sounds like this:

1. "You can get home by yourself if you've got a problem with my driving"
2. "Catch the bus if you want but you'll be on your own"
3. "None of the other guys have a problem with it"

COMEBACK responses sound like this:

1. "Your driving is fine. It's your drinking that's a problem."
2. "You'll be catching the bus too if you lose your licence"
3. "Are you really sure about that?"

• Bullying /Put Downs

Definition:

Calling a person names or insulting them for refusing to go along with what the rest of the group is doing.

BULLYING / PUT DOWNS sound like this:

1. "You love bringing everyone down don't you?"
2. "You sound exactly like my mother"
3. "You're such a bore!"

COMEBACK responses sound like this:

1. "It brings me down when I think about us all getting killed"
2. "I really like your mother. She's a good woman"
3. "Oh please! Do we have to go through this every single time?"

• Reasoning / False Authority

Definition:

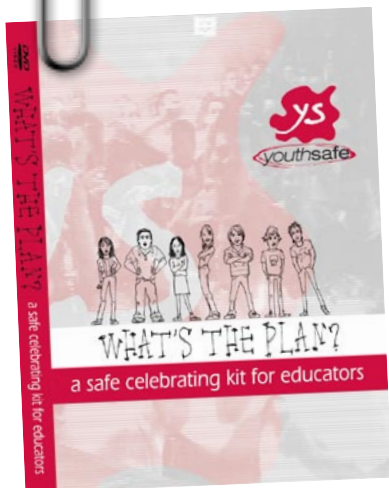
Giving someone reasons why they should or should not do something, even if the reasons are wrong or don't make sense.

REASONING / FALSE AUTHORITY sounds like this:

1. "Nobody will have any fun if there are adults around."
2. "Don't worry about invitations. Things won't get out of hand."
3. "We don't need any security. We can handle it if gatecrashers show up."

COMEBACK responses sound like this:

1. "Don't worry. My dad and uncles are really cool guys."
2. "My parents said the deal is no invite, no entry."
3. "Maybe we could but I don't want to spend my 18th party fighting a bunch of gatecrashers."



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• Unspoken or Internal Pressure

Definition: This is the pressure you either feel inside or from others to do something you're not comfortable with, even when nobody says anything.

UNSPOKEN OR INTERNAL PRESSURE situations feel like this:

1. You want to do something different to the rest of the group but you find it really hard to speak up.
2. You set and stick to personal limits but feel worried that others may not understand or agree with them.
3. You never have any problems enjoying yourself without drinking but feel that other people don't understand this.

• Guilt

Definition:

Deliberately trying to make someone feel guilty or bad for not taking part in an activity or doing what others want.

GUILT sounds like this:

1. "We won't have any fun unless we're out of it"
2. "Can you give me a lift? I haven't got any money for a taxi"
3. "If you don't drive me home now I'll get into trouble"

COMEBACK responses sound like this:

1. "I won't have any fun if I have to babysit you again"
2. "Sorry, I had to top up my mobile credits this week and haven't got any money left for petrol"
3. "Sorry, I'm taking my girlfriend. Her parents get upset if I get her home late"

• Dares

Definition:

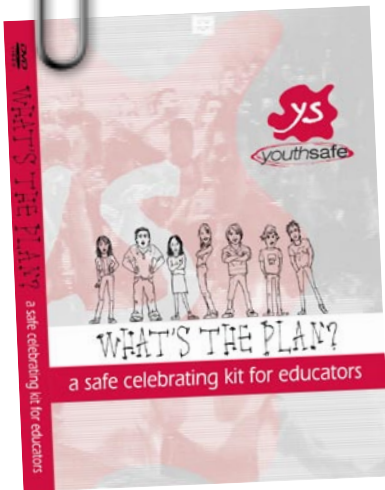
Pressure to do something dangerous or anti-social in order to fit in or get the groups' approval.

DARES sound like this:

1. "Just gun it!"
2. "There's no way your car is as fast as mine"
3. "Reckon you can get the car to drift around this bend?"

COMEBACK responses sound like this:

1. "Forget it. If I lose any more points I'll lose my licence"
2. "You wish! I'm not going to risk a fine proving you wrong"
3. "I can't believe you'd want me to try. Are you a mate or what?"



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• Disapproval

Definition:

Criticising someone and their decisions if they don't go along with what you want them to do

DISAPPROVAL sounds like this:

1. "Why won't you give us a lift? That's what mates are for"
2. "What sort of friend are you?"
3. "I can't believe you won't do it"

COMEBACK responses sound like this:

1. I had to top up my mobile credits this week and haven't got any money left for petrol"
2. "It's slack to expect me to do something I promised my mother I wouldn't do"
3. "I would but I have to take my girlfriend home. Her parents get upset if I get her home late."

