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# REAL LIFE STORIES





## Ekanth (aged 16) says:

I smoked my first cigarette when I was 11. I didn't want to, but, all of my friends were smoking and I didn't want to be out of the group.

I knew it was wrong and I didn't want to. Just couldn't handle the peer pressure.

The thing is...no one asked me to smoke. I believed, to belong to this group, I need to. I was wrong.



## Eisha (aged 15) says:

"I went to a party with my friends from school. My mom always told me not to allow any guys to take advantage of me and to stick together with my friends when I am at parties.

A few of my friends said they wanted to have some fun with guys. Most of them said they had been with a guy. I had never been with a guy and didn't want to. But at this party all my friends danced with guys and I went into the garden with a guy who said he wanted to go somewhere quiet.

I don't know why I did that. I lost my virginity that night and I still regret it. He was not the right guy. He was sly. He picked on my need to belong and be cool. I have been kind of carrying shame in my heart.

I am scared and I have no one to discuss this with. My school friends will laugh at me for being a prude. My parents will be shocked out of their wits and might go into either a bout of rage or abysmal of depression.



# TABLE OF CONTENT

1. Type of Peer Pressure
2. Funny Anecdote: Peehar
3. Tips to Handle "P" + "Err"
4. Wisdom & Support
5. Activities, Games & Exercises to Tackle "P" + "Err"



# PEER PRESSURE IS OF TWO KINDS

1

**ASSUMED  
PEER  
PRESSURE**

We assume  
peer pressure.

The behaviour  
or words said  
by others  
create  
peer pressure.

**EXPRESSED  
PEER  
PRESSURE**

2



# REALITY OF PEEHAR PRESSURE:



Husband gets caught lying.

**Wife (angry) :** "Jhooth bole kauwa kattey, kaley kauwe se dariyo. Main maikey chali jaungi tum dekhtey rahiyo".

**Husband takes his phone out**

"Biwi maikey, jaa rahi hai! Saturday cricket match at my place".

On a lighter note, in India peehar pressure is quite less. It is sasural pressure that is more.

Even adults are susceptible to "peer pressure".



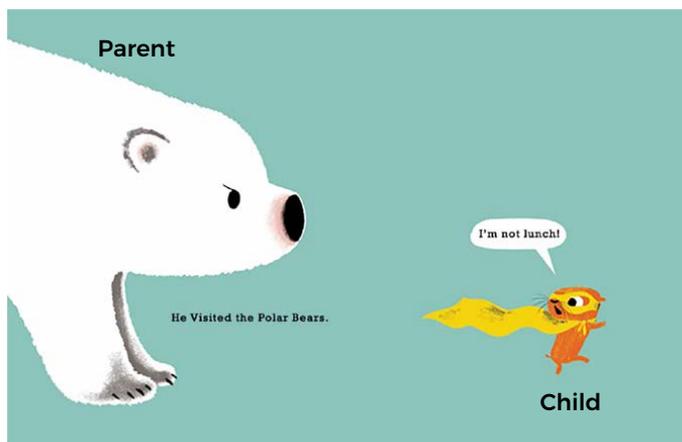
# TIPS TO HANDLE

## "P" + "ERR" PRESSURE:

- 1) Do not overreact.
- 2) Help your child pick Shree Krishna over Shakuni in today's world.
- 3) Happy by themselves.
- 4) Don't crave for public opinion or appreciation.
- 5) Never rue the problem, focus on the solution.
- 6) Learn how to refuse and say NO!



# DO NOT OVERREACT



First thing we do when our kids breaks a news of goofing up or failing or committing a mistake is "get angry".

*Tip: In general, never get angry or overreact.*

The 5 step 'Right way' to handle news about a 'wrong' is...

1. Ask them 'how are you feeling'? (Emotional aspect)
2. Understand why they handled it 'this' way.  
(Intellectual aspect)
3. Focus on understanding the 'chain of events'.  
(Go deeper to solve Sherlock Holmes)
4. Ask them how will they handle 'similar' situations in the future. (Expands their self belief and it also buys their commitment).
5. Pat them. Hug them. Smile softly. Show understanding and trust. (Your bonding is stronger than before).



# WARNING

1. Refrain from **BHAASHAN** please !!!
2. Refrain from **MOTIVATIONAL** Speech.
3. Refrain from saying, “It’s ok”.

# HELP YOUR CHILD PICK SHREE KRISHNA OVER SHAKUNI IN TODAY'S WORLD.



Whose Opinion would you listen to?



1) Shakuni - (Kauravas)



2) Shree Krishna - (Pandavas)



We are all surrounded by Shree Krishna in our life, like :

1. Parents
2. Friends
3. Siblings
4. Teachers.



# DON'T CRAVE FOR PUBLIC OPINION OR APPRECIATION



*Be  
yourself*

Lets take an example of an Actor.



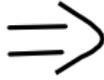
Case 1: If an actor is successful in playing an action hero there will be few who applaud him and there will be others who criticize him for not being versatile.



Case 2: If an actor is versatile there will be few who praise him for the same, but there will always be few who would try and bring him down by stating - he does everything but is not good or exceptional in anything. He is Jack of All but Master of None.

# NEVER RUE THE PROBLEM

## FOCUS ON A SOLUTION



PROBLEM

Solution

**Stress and Worry, they Solve Nothing.**

Try these steps:

- 1) Think of ways to handle it.
- 2) Think how different people would have handled it.
- 3) Once you do, you will figure out a solution.

# LEARN HOW TO REFUSE AND SAY NO!



This is not that difficult, once we are able to overcome #4. The moment we start being ourselves, we don't feel the need to please everyone.

Once that happens, refrain from saying "Yes" half heartedly or under pressure.

You will start saying "No" because you don't want to.

# HELP YOUR CHILDREN BELIEVE



## Bad News

"You are not going to fit in with everyone".

## Good News

"Great Ones Never Do".

# GIVE THEM

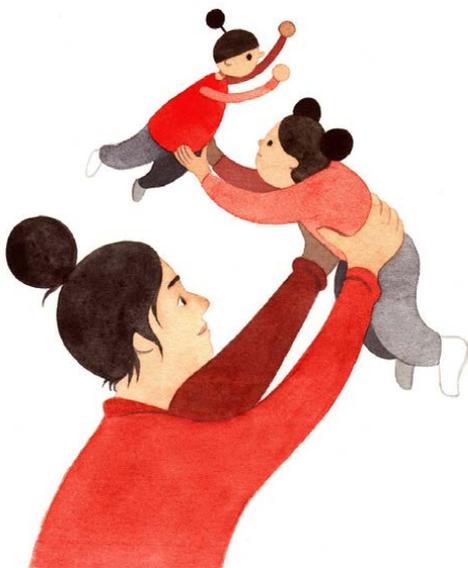
# UNCONDITIONAL SUPPORT



Accept them for who they are. If they can laugh freely, think freely and behave freely without the fear of being judged at home, it becomes a lot easier for them to say **"No"**.



# TELL THEM IT WILL BE SCARY BUT YOU ARE AROUND



Tell them it can be scary at first, but no matter how pressured you feel, you always have an option of saying **"No"**.



# ACTIVITIES, GAMES & EXERCISES TO HANDLE "P" + "ERR" PRESSURE

## Q&A

### Exercise to Say "No"

#### Kid asks their parents

1. In the movie Sanju, Sanjay Dutt uses drugs due to peer pressure. What would you recommend for someone who is in Sanjay Dutt's situation?
2. A friend asks you to lie on her behalf. She is bunking and asks you to cover up. If you refuse, it might become awkward. What would you do and why?
3. Everyone is buying a new dress for teachers day. Your parents won't agree. What would you do?
4. You have an accent. Your friends tease you about it. Hai mein mar javaan.

# Q&A



## Dad asks their kids

1. We have a 5 years old, mid segment ( less than 7 lacs ) car. All our friends have better and newer cars. Should we buy a new and costlier one.
2. We stay in a rented house. Most people we know stay in their own bigger houses. To fit into the society, should we buy a new costly house.
3. My friends have iPhone X. I still use the iPhone 5. It is working well though my friends make fun of me. Should I buy a new one.
4. I love travelling in India. My friends boast about holidays abroad. Should we travel abroad too?
5. My friends make fun of your mom's lack of style. What should I do?

# Q&A



## Mom asks their kids

1. My friends make fun of my cooking. How should I deal with it? I get stressed in their presence.
2. My friends wear costly clothes. I am uncomfortable spending so much money on clothes. Am I right or wrong?
3. I am not as educated as my friends are. I feel out of place in their presence. What should I do?
4. My colour is dark and I have ordinary facial features. My friends are so glamorous. Heads turn when they walk. I feel stupid and 'not good enough'. Help!!!



Loved it.  
Great.

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