

# Types of Peer Pressure

**Positive Peer pressure** - When someone urges you to do something that is good for you.

**Sounds Like:** Come on, let's practice one more time.

**Friendly Peer Pressure** - When someone who is your friend tries to get you to do something you may or may not want to do.

**Sounds Like:** But we'll have fun together.

**Indirect/Tempting** - When someone tries to persuade or convince you to do something you do not want to do. (Not 'putting you on the spot' to deal with something there and then, but you have time to think about it.)

**Sounds Like:** If we go, I know there will be beer at the party.

**Teasing** - When someone makes fun of you to get you to do something you do not want to do.

**Sounds like:** Are you chicken?

**Heavy Peer Pressure/Bullying** - When someone threatens you, physically or verbally, in an attempt to get you to do something you do not want to do.

**Sounds like:** If you don't, you'll be sorry. OR I won't be your friend anymore.