

PEER PRESSURE IN REVERSE

There are many ways teens influence each other. Below are five of the most common ways, and if you look out for them, you will be more aware of when others are trying to influence you. These techniques can be used either positively or negatively, and you have the power to use them to influence others in positive ways. Provide your own example below, from something you've seen or can imagine happening in your school.

| | | |
|--|--|-----------------------------|
| <p>Apply Direct Pressure</p> <p>Talk someone into doing something or believing something.</p> | <p>Example:</p> <p>Encourage another student to join a service project by talking about the fun you'll have, who else will be there, and how it will look on a college application.</p> | <p>Your Example:</p> |
| <p>Model What You Want</p> <p>Do something that you want others to do, in a way that will make them want to do it too.</p> | <p>Example:</p> <p>In front of a group of younger students, pick up a piece of trash in the hallway and throw it away.</p> | <p>Your Example:</p> |
| <p>Reinforce Actions</p> <p>Encourage someone to keep doing something by rewarding them for doing it.</p> | <p>Example:</p> <p>Buy lunch for someone who shares study notes with you.</p> | <p>Your Example:</p> |
| <p>Create Opportunities</p> <p>Put someone in a situation that indirectly encourages them to do what others are doing.</p> | <p>Example:</p> <p>Organize a party to celebrate a teacher's retirement, and invite other students to write her a note on a large poster.</p> | <p>Your Example:</p> |
| <p>Ridicule To Change</p> <p>Making fun of someone in order to change what he or she does, says or thinks. (This can escalate into shunning or bullying.)</p> | <p>Example:</p> <p>Teasing another student for dressing differently than everyone else.</p> | <p>Your Example:</p> |