Friends are one of life's great pleasures. But they can be hard to keep--especially among the young, whose tastes, preferences, and self-image change often and unpredictably. Because a sense of belonging is so important to children and teenagers, they may find it easier to keep friends they have at any cost instead of forging new relationships and risking rejection or disillusionment in the process.

Adults should not underestimate the lure of the sense of belonging that a group offers youngsters. To fit in with peers and keep friends, a young person will often compromise to meet the group's standards. Sometimes these adjustments bring out the best in a person--sometimes not. The books described below can help children and teenagers navigate such difficult situations. Arranged by the age group for which they are appropriate, the books touch on how it feels to be left out and the problems of trying to fit in with one's peers. Readers may copy and distribute Bookshelf to families of patients in their practice without permission from the publisher.*

Ages 4 to 8
Barbara Barber: Allie's Basketball Dream. New York, Lee and Lowe, 1998. Allie loves basketball so much that she dreams of becoming a basketball player. She goes to the park to play with a new basketball given to her by her father, only to discover the boys won't join her and the girls tease her and tell her that basketball is only for boys. One boy suggests she should at least trade in her basketball for a volleyball. But Allie keeps practicing, begins to make shots, and eventually shows that girls can play and succeed in basketball. Ages 4-8.

Stan and Jan Berenstain: Berenstain Bear Scouts and the Sinister Smoke Ring. New York, Scholastic, inc., 1996. Brother Bear wants to spend all his spare time with the Too-Tall Gang who steal, lie, and smoke cigarettes. With the help of the Bear Scouts and Grandpa, he comes to realize that smoking is addictive and very bad for his health. Ages 4-8.

Stan and Jan Berenstain: Berenstain Bears and the In-Crowd. New York, Random House, 1989. Queenie McBear is a new bear in town who, besides being bossy, puts other cubs down. Hoping to be included in Queenie's group, Sister Bear sets out to alter herself so she will fit in. Despite strong peer pressure, Sister Bear eventually decides to be herself--no matter what. Ages 4-8.

[Also Berenstain Bears and The Double-Dare. Ages 4-8.]
Erik Brooks: The Practically Perfect Pajamas. Delray, Florida, Winslow Press, 2000. Percy, who has problems with peer pressure, is the only polar bear who loves to wear red flannel pajamas with feet in them. Because other bears tease him about this, Percy tries to fit in by putting his flannel pajamas away, but this makes him miserable. His arctic fox friend, Aurora, helps him discover that it is best to be true to yourself. Ages 4-8.

Melody Carlson: The Day the Circus...

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Books shelved as peer-pressure: Stargirl by Jerry Spinelli, Speak by Laurie Halse Anderson, A Bad Case of Stripes by David Shannon, Twilight by Stephenie... Quotes Tagged “Peer Pressure”. “Relational balance: Research also shows that people prefer their relationships with others to be aligned and balanced. In other words, we prefer that all our friends be friendly with each other and that they dislike our enemies. Any imbalances between our friends and enemies results in the motivation to change friends to enemies or enemies to friends.” Dealing with (and dishing out) peer pressure is a rite of passage for teenagers. Positive forms of peer pressure can help spur positive results (like good grades) or positive activities (like... Peer pressure works as often as it does because we all at some level want to be more like other people. It's common for teenagers to feel uncomfortable in their own skin. The more comfortable they can become, however, the less enticing it will be for them to succumb to peer pressure in order to fit in.[8] X Research source [9] X Research source. As a parent or other concerned adult, often the best thing you can do is offer constant encouragement and support. Let your teen know that he or she is just fine as is. Peer pressure* is very strong, especially among young people. Almost everyone can remember a moment when they did something because their friends were doing it. Teenagers often buy something just because their friends have it, and this thing comes into fashion. If teenagers didn't imitate their friends' behavior, there would be fewer social problems: smoking, crime and so on. On the other hand, peer pressure can also produce positive results. Youth crime and vandalism in one of the districts of Bristol, a city in England, fell by 20% last year. Why? Because young people stopped doing stupid Peer pressure is a powerful influence in the lives of students. Learn more about how to cope with peer pressure while pursuing an education. Jill Whitney is a licensed marriage and family therapist and the author of a forthcoming book about talking with kids about sexuality and sexual decision-making. She leads workshops for parents and young people on exploring one's sexual values and communicating about sexuality. Whitney is a columnist for The Day, a newspaper in New London, Conn., and writes about relationships and sexuality at KeepTheTalkGoing.com. PSA towards Peer Pressure, targeted toward younger viewers, that spans from elementary to high school. - Created using PowToon ---. If I Only Had A Green Nose. Don't forget to check back later today when to see the winner of the giveaway!! We just got this book for our facility and I am already into Peer pressure. Your Move. This Helping Adolescents Deal with Peer Pressure Presentation is suitable for 12th Grade. Designed by a mental health center, this presentation is meant to educate educators how to help teens face peer pressure. Tips are provided for identifying at-risk youth and bullying situations.