

Workshop on Peer Pressure

A workshop on peer pressure for the students of classes XI and XII was conducted on 4 August 2023 by the school counsellor to educate students about the concept of peer pressure and equip them with strategies to handle it effectively. During the workshop, participants were introduced to the definition and characteristics of peer pressure. They learned about the various forms of peer pressure, including positive, negative, direct, and indirect influences.

The workshop focused on the impact of peer pressure on individuals, exploring its psychological, emotional, and social effects. Through interactive sessions and group activities, students were given scenarios to identify instances of peer pressure in their lives and understand the potential consequences. Participants were guided on how to analyse and identify peer pressure situations. They learned to recognize the signs and influences of peer pressure in areas such as substance abuse, bullying, academic choices, and lifestyle preferences.

The workshop also provided students with effective strategies to handle peer pressure. Emphasizing the importance of assertiveness, communication skills, and self-confidence, and building a strong support network, participants engaged in practical exercises to enhance these skills.

Overall, the workshop played a crucial role in equipping students with the tools necessary to tackle peer pressure. We hope that the knowledge gained and the strategies learned will enable students to develop resilience and make independent decisions based on their own values and aspirations.

