

Workshop 5: Under Pressure**Extended Project**
Peer Pressure Journal

Peer pressure can affect how you feel.

Project: Keep a journal for one or two weeks about daily peer pressure.

Procedure**1. Create a plan.**

You will be writing every day about your experiences with peer pressure. Find a notebook you can use. Decide on a time when you will write your thoughts. It's probably a good idea to write toward the end of the day when you can look back on the day's events.

2. Record observations.

Each day, think about your experiences. Notice how your peers treat you. What do you feel pressure about?

- Clothing styles?
- School work?
- Friendships?
- Other things?

Record your thoughts. How did you react? What could you have done differently? What can you do to make things better?

3. Maintain your journal.

Write at least once a day. Look back at previous entries. Have things gotten better or worse? Have you changed how you handle the situation?

4. Reflect.

At the end of one or two weeks, think about your observations. What conclusions can you draw? Is peer pressure a big problem for you? Jot down your thoughts.