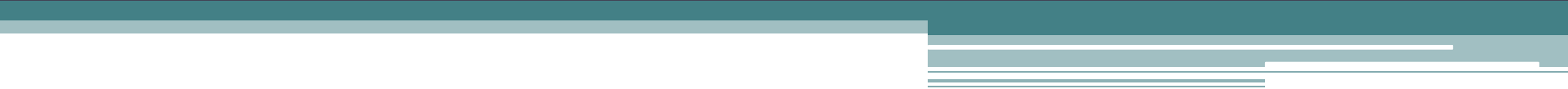


# Peer pressure positive and negative & Alcoholism impact & prevention

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# What is peer pressure?

- We all want to be part of a group and feel like we belong in our community.
- Peer pressure can happen when we are influenced to do something we usually would not do, or stop us from doing something we would like to do.

- Who is your peer?

Someone whom you would think is an equal in age or ability

A friend, someone in the community or even someone on TV

# Why do we have peer pressure?

The only reason.....

we want to be  
accepted by our  
“peers”

Types of peer pressure

- Positive peer pressure
- Negative peer pressure



# Positive peer pressure

- Where peers support and encourage constructive actions for one another
- The type of age-appropriate peer pressure that we want to encourage

Eg: our peers encourage us to study for exams or make submissions on time.



# Negative peer pressure

- To do something that places a teen in danger or is hurtful to others is definitely cause for concern

Eg: your peer wants you to steal your parents money to get alcohol.



## Influence of good peer pressure

### Socializing

Our peer group gives us opportunities to try out new social skills. Getting to know lots of different people and help us to build a relationship.

### Encouragement

Our friends can encourage us to study hard and not to give up easily if there's any problem.  
This is a big encouragement..

### Feedback & advices

Our friends listen and give us feedback as we try out new ideas, explore belief, and discuss problems. And also, our peers can give us advice and do the right things.

### Friendship

We can find friendship and acceptance, and share experience that can build lasting bonds.

### New experiences

Our peers might get us involved clubs, sports, or religious groups. Our peers ,might bring us to experience something good that we had never experienced before.

## Influence of bad peer pressure

We may be stressed because of our peers. Sometimes, they will influence us to do something we aren't comfortable with or have never done before

This pressure maybe expressed openly or indirectly.



# How to prevent it?

- Saying “NO”

We must learn to say “no” to those things that we don’t want to do or which is not right. Explaining to people in a calm way why we don’t want to be part of something is one way of handling it.

- Take action

Sometimes we are able to tackle peer pressure because we feel more comfortable in our environment. Standing up for someone may help us exercise our beliefs or rights. Both of these are ways in which you may be able to create a positive vibe out of peer pressure.



- Plan for possible pressure situations.
- Think ahead of time and even rehearse what we'll say or do
- Hang with people who feel the same way we do
- Choose friends who will speak up with us when we're in need of moral support, and be quick to speak up for a friend in same way.
- Choosing friends is very important for us, we can't live without friends but we also can't have a bad peer pressure. Good pressure can improve us but bad one will destroy us. Having a true and good friend is important. We should choose our friends carefully



# ALCOHOLISM

- Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits. It is also commonly referred to as alcohol use disorder. Alcohol use disorder is organized into three categories: mild, moderate and severe. Each category has various symptoms and can cause harmful side effects.

- If left untreated, any type of alcohol abuse can spiral out of control.
- Individuals struggling with alcoholism often feel as though they cannot function normally without alcohol.
- This can lead to a wide range of issues and impact professional goals, personal matters, relationships and overall health.
- Over time, the serious side effects of consistent alcohol abuse can worsen and produce damaging complications.

# Warning Signs of Alcoholism

- Being unable to control alcohol consumption.
- Craving alcohol when you're not drinking.
- Putting alcohol above personal responsibilities.
- Feeling the need to keep drinking more.
- Spending a substantial amount of money on alcohol.
- Behaving differently after drinking.

# HEALTH ISSUES...

## SHORT TERM EFFECTS

- Slow reaction time
- Poor reflexes
- Reduce brain activity
- Lowered inhibitions
- Blurry vision
- Difficulty breathing
- Restlessness

## LONG TERM EFFECTS

- Brain defects, including Wernicke-Korsakoff syndrome
- Liver disease
- Diabetes complications
- Heart problems
- Increased risk of cancer
- Vision damage
- Bone loss

# PRIMARY PREVENTION

## Educational Approach

- Programs for children
- Electronic Media
- Awareness programs by NGO's



## Legal Approach

- Control of production and sale
- Raising prices and taxes
- Raising of minimum age
- Ban advertisement that promotes alcoholism

# SECONDARY PREVENTION

- Early diagnosis
- Adequate treatment
  - of withdrawal symptoms
  - Of addiction-(physiological, psychological and social)
  - Of complications-(depression, anxiety, cirrhosis)
- Post de-tox counseling and follow up
- Change in environment at home, college, work place..

# TERITIARY PREVENTION

It includes treatment and rehabilitation

- After care programs
- Vocational guidance
- Counseling
- Recreation



THINK B4 U DRINK...







**THANK YOU**