



TIPS FOR PARENTS

BE APPROACHABLE



Initially, make sure they know they can talk to you. Never brush aside any conversation, listen to their opinions, answer their questions, share personal experiences, avoid lecturing, and always make yourself available. Doing this will ensure they know they can come to you at any time and know you are the person they can talk to.

ENCOURAGE COMMUNICATION

Encourage them to challenge anything that feels wrong. Teens may often not speak about moral dilemmas and may cave to peer pressure. When parents can encourage them to talk about situations that feel wrong, it will lead to solutions to resolve or avoid the problem altogether.



PAY ATTENTION

Pay attention to changes in behavior and mood. Parents need to speak with their kids regularly and understand what sort of content they are consuming. What they see on social media directly impacts their mood, behavior, and actions. Ask them questions about the content, and gain an understanding of why they like it. In addition, set ground rules and screen-free times in the home.



DISCUSS CONSEQUENCES

Negative peer pressure leads to harmful consequences, legally, emotionally, and financially. Teens who know the consequences of peer pressure are more likely to avoid risky situations or speak up about them before something terrible happens.



HELP YOUR TEEN

1. Teach them about self-esteem and assertiveness.

- Being assertive leads to being able to say no like you meant it, whether saying no to an individual or group or saying no to yourself.
- Having self-esteem helps with making decisions and critical thinking. Social media involves a significant number of individual actions. Before making a decision, ask yourself: Is this good for me? Is this adding something positive to my life? Am I certain how I feel about this? This will also help people avoid making decisions others think are good for them.

2. Teach them about priorities.

- For example, their peers may prioritize skipping school and making TikTok videos. Yet, they may prioritize getting good grades but are pressured into doing the latter.
- Help them understand their priorities and needs have value and are not for nothing, even if their close friends disagree.

3. Help them surround themselves with the right people.

- Encourage them to find the activities they enjoy, which can draw them to people with similar interests and mindsets. Help them take part in school activities, sports, or events.
- Guide them toward finding friends they can feel safe with and who provide social support.

ADDITIONAL TIPS

- Discourage and disapprove of behavior that involves bullying, gossiping, spreading rumors, and hateful comments.
- Speak to them about what is appropriate and safe to share on social media.
- Set clear boundaries and limitations.
- Monitor their accounts and let them know you are checking their social media feeds.
- Always encourage them to have face-to-face contact with friends and peers.

PARENT'S GUIDE TO PEER PRESSURE

Social media induces peer pressure through behavioral displays and reinforcement. It then amplifies social desirability. Because the teen brain is actively developing, they are more likely to partake in risky behaviors, which they may have observed on social media platforms. Every action on social media leaves a robust digital footprint. For example, rejection or negative comments received by peers can be permanent. There is a legitimate fear that ten years later, they could be judged for something they did or said online. It is by these actions they are pressured to conform to their peer groups.

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