

# My story

## Activity 1: How peer pressure affects our decisions on the road

In this activity, students will reflect on how peer pressure can affect their choices and what to say when they are in an unsafe situation.

### What is peer pressure?

Peer pressure describes an influence applied by others to encourage someone to act or behave in a certain way.

Peer pressure can be positive and negative and changing behaviour to comply with peer pressure can make people feel accepted. An example of positive peer pressure would include a group of friends discouraging someone from driving after they've been drinking alcohol.

Konnah experienced negative peer pressure when his friends encouraged him to get into an overcrowded car after a night out. He felt that this situation was unsafe but his friends were able to persuade him otherwise.

"As a group we were 'tight'. We had a real tribal dynamic. We would look out for each other. We all had to be in and never leave anyone behind. They eventually persuaded me to share the front seat with my brother."

- Konnah

Think about your close friends and imagine yourself in a similar situation and you all get into the car. The driver is under the influence of alcohol and drugs, some passengers aren't wearing seat belts and the car crashes. Consider how you would **feel** if one of your friends suffered a permanent injury like Konnah.

List some of your close friends:	How would you feel if they suffered a permanent injury in a car crash?

Imagine one of your close friends ended up with a permanent injury that places them in a wheelchair. How do you think your friendship and the activities you do together would be affected?

## What could you say?

"If I stuck to what I really wanted to do and did the right thing and did not get in the car, the crash may have still happened, but I would not have been injured." - **Konnah**

Konnah tells us that the close friendships with his friends played a significant role in the decisions he made on the night of his crash. He wasn't comfortable getting in the car but his friendships and sense of belonging influenced him to changing his mind.

Imagine you are about to get into a car with the friends you have listed above. You feel unsafe, the car is overloaded, and you believe that the driver is under the influence of alcohol or drugs. What could you say to your friends in this situation to help everyone get home safely?

### Make a pledge

Now that you have considered the effects of peer pressure and how you could speak up in the future - make a pledge to you and your family and friends.

#### SPEAK UP AND SAVE LIVES

I, \_\_\_\_\_, pledge to always speak up in situations where I feel unsafe or uncomfortable.

I want to ensure my friends or family are always safe on our roads.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

This activity was created in partnership with PBF (Paraplegic Benefit Fund). Find out more about their programs at [pbf.asn.au](http://pbf.asn.au).

If this activity has triggered feelings of stress or anxiety, or you feel upset from anything shown or discussed, it is important to reach out to someone you trust. Talk to a trusted parent, teacher, caregiver or friend.

Additional support can be found through:

- » Road Trauma Support WA: **1300 004 814**
- » Headspace: [headspace.org.au](http://headspace.org.au)



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