

# Peer Pressure To Have Sex



*Teens Can Dream*

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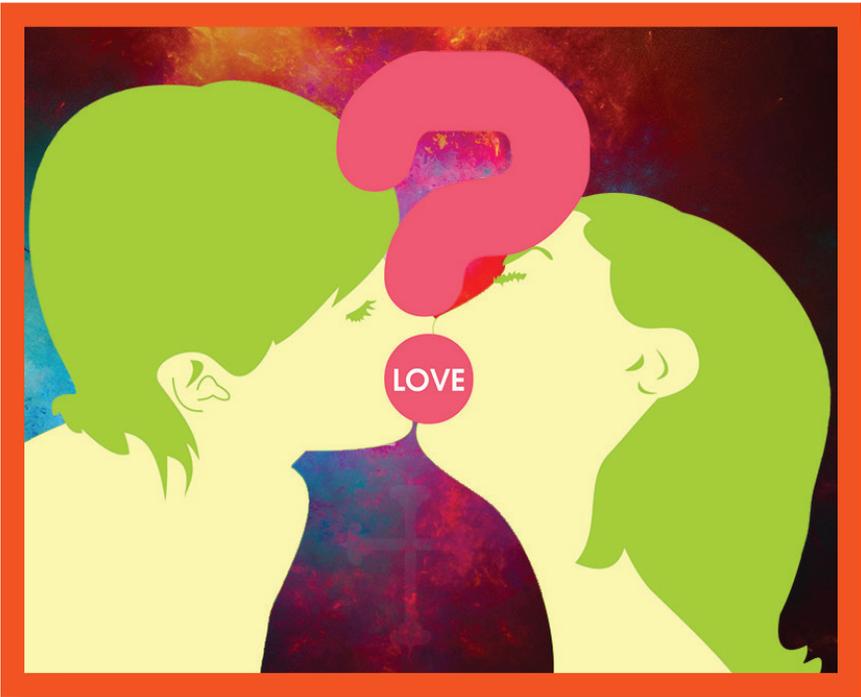
Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

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to see if we can help YOU  
**unlock your true potential.**



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**Warning:** The information you are about to read can dramatically decrease your tendency to fold under peer pressure and enhance many other areas of your life according to the level of your belief. So, if you truly want to minimize the forces of peer pressure, which will help propel you in the future, read this article multiple times until you have it virtually memorized.



**A**s most all of you teenagers already know, being a teenager can be very difficult. With all the hormone changes, physical body changes, transitions from elementary to middle school and middle school to high school, relationship difficulties, friend troubles (and efforts to find the group you fit into), and the many other challenges teens face, it's no wonder life can be stressful for teenagers. What can and does add to the difficulty during this time in your life is whether or not you're growing up in a home with support. There are too many cases in which the parents are absent in the teen's life. Maybe there's only one parent who has to work; maybe no parents are around, so you're in the care of grandparents or foster parents. Regardless of what your situation is in your life right now, my objective is to teach you how to make it better. I realize you don't have many places to go and be taught how to create the life you want. So, that's why I've written these short stories and books and created the

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web site, [www.teenscandream.com](http://www.teenscandream.com). Trust me, if you follow what I tell you to do and continue to research more information, you will be amazed how your life unfolds before your very eyes.

So, let's talk about peer pressure. What does it really mean? If you look it up in Webster's dictionary, you'll find the definition: a feeling that you must do the same things as other people of your age and social group in order to be liked or respected by them. I'm guessing most all of you who read that said, "yep, that about sums it up." When you read this, you might think the peer pressure is a bad thing because at times it can be. But, peer pressure can also be a good thing that helps one to grow. We'll break this down shortly.

Science says the brain isn't fully developed until about the age of 25. So, during their youth, teens and young adults might make decisions and afterwards might not be able to explain why they made that decision. Having said that, you don't want to use this science as an excuse or a crutch to argue your way out of a disciplinary action after making a bad choice. But, you do want to understand this science so it helps you think twice when deciding to do something that may not feel quite right. As you learn to think more about situations you're confronted with, instead of just jumping right in, you'll build more self-confidence,

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which will help you in not falling victim to peer pressure that may have negative consequences.

When we take a look at scenarios that deal with negative peer pressure, we can come up with things like drinking alcohol, taking drugs, stealing, vandalizing, engaging in sex, manipulating others, lying, as well as many other situations. The question is, “Why?” Why do we listen to others and do things we wouldn’t normally do or especially do on our own? The answer is simple: we want to fit in. We want to feel like we are part of the group. We want to be a part of something bigger than ourselves. I think at times, most all of us fall victim to peer pressure. Thankfully, most of us learn from our mistakes and don’t continue to repeat them over and over. Unfortunately though, there are some who get caught up in the thrill and go down the path of self-destruction. Falling victim to peer pressure typically happens when one has little self-confidence. Maybe you came from a small middle school and have entered into a large high school. Or, maybe you moved from a small town to a big city. It could be that your parents are in the military and move all the time, which has prevented you from putting roots down in any one location. In some cases, it could be because you haven’t had your growth spurt and most of your friends have. The list of why’s is virtually limitless

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because everyone has their own story. But, if we could just learn a little more about ourselves, about how the mind works, and about other people, we can build confidence that will then help us minimize the effects of peer pressure.

What seems to help many people is knowing that you're not alone. You should realize that most of your peers fall victim to peer pressure as well. Many teens ask, "Why do I let this happen to me? My friends seem to have confidence. My parents have confidence. What's wrong with me?" First, let me say that it's not always an easy question to answer. It can be simply in your individual nature to be more sensitive or susceptible to peer pressure. Second, there is nothing wrong with you. You have to get that out of your head right now. If you don't, you can sabotage your future. Confidence is a learned behavior. If you have parents who are more introverted or shy, that is what you've learned as a toddler, child, and now teenager. If you have extroverted or outgoing parents, then that is what you've learned since birth as well. Regardless of your upbringing or situation in life, I'm going to show you how to focus your thoughts in one direction and help build that confidence.

When we are pressured into having sex, we're talking about a possible game changer here. The after

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effects of having sex can be far reaching. Think about the consequences of getting pregnant. What would you do? What would your friends say? What would your family say? Do you think you would just run down to a clinic and have an abortion? How much have you thought about that? When reading multiple study results, put out by American Perspective, which you can find yourself utilizing the internet, I found that after an abortion, 28% of the women who aborted their child attempted suicide, 31% had suicidal feelings, 60% said the decision made their lives worse, and 94% regretted the decision. In addition, 50% said they experienced depression, guilt, nervousness, and insomnia. On top of that, women who abort are nearly 4 times more likely to abuse drugs and alcohol. I realize the boy you're with might be saying he loves you and is trying to convince you to sleep with him by telling you everyone does it. He may even go as far as threatening to end the relationship if you don't have sex with him. Or, maybe he's giving you a false sense of security by saying things that elude to the idea that you will marry each other. But, just think about the above-mentioned facts about abortion. Do you think he knows those facts? Do you think he's thinking of the dangers that lurk around the corner of your life if you do get pregnant? Absolutely not. Remember, if

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the brain isn't fully developed until the age of 25, then there is a high possibility that he is not thinking logically at all. So, it is imperative that you understand the consequences and pay attention to your inner voice. It's that inner voice that will guide you. Try to remember all the personal goals you have for yourself: the GPA you wanted to graduate with, the college you wanted to attend and the friend you wanted to room with, the career path you wanted for yourself so you could be independent and not have any financial worries. In just a few minutes, all those dreams could be thrown out the window, and for what? A boy who someday will most likely no longer be in your life.

Do you think you'll be one of the lucky ones who won't have this happen to you? At [dosomething.org](http://dosomething.org), they say that 3 out of 10 teens will get pregnant at least once before age 20. That's nearly 750,000 teenagers who also thought it wouldn't happen to them. Numbers don't lie, so you have to ask yourself, "Why not me?" Remember the college dream you had? Pregnancy is the number one reason teen girls drop out of school, and less than 50% of them return to graduate. So much for the dream of your career and financial independence, because less than 2% earn a college degree by the age of 30. What about the love story he sold you? It probably won't end well because

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8 out of 10 teen dads don't marry the mother of their child.

I can go on and on with the statistics, but I won't. As much as I want you to know them, I'm most concerned with you knowing yourself. You're here on this planet to become the best "you" you can be. Every decision you make should be predicated on one question: Is this decision going to make me a better "me?" If you learn this and practice this any time you are in the process of making a difficult decision, it will truly help you become a better "you." As time goes by, you will indeed find yourself making your dreams come true by thinking in one direction. Remember, there are things we can't take back. At least as far as I'm aware of, no one has figured out how to turn back the clock so we can erase our mistakes of the past. That's how quickly the tide can change. Life can go from having fun to "I'm done" in just a matter of seconds. If you still think this will never happen to you, statistically you might be right. But, are you willing to take that chance? Do you really want your family to take that chance on your behalf?

If your girlfriends are telling you how wonderful it is and that you should do it because you're the last one in the group to hold out, be very careful. First, the reality is you're most likely not the last one. Many teens

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lie to avoid the pressure of others, so they pretend they have had sex. Second, most of them wish they hadn't had sex with the person they had sex with, but they can't turn back the clock. So, the next best thing is to drag others down so that everyone can be the same once again. It truly is a case of "misery loves company." Your friends are hoping you will succumb to the pressure so all will share in your feeling of regret. The problem with that is many of these friends didn't have the self-confidence to say "no" when they were pressured, which is why they have given in to pressure to have sex. Other teens may not say it at the time, but most all of them wish they had the confidence to say no. By you standing up for yourself and being who you want to be, you make yourself different. That's right, different, because leaders definitely look different than the rest of the pack following them.

As I mentioned earlier, most everyone submits to peer pressure because they want to fit into that particular group of people. Unfortunately, in many cases, the people who are doing the pressuring, those you want to be friends with, are typically just as confused as you are. People like power over others. You just need to remember this so when you're in a situation of peer pressure in the future, you can recall this information and it will give you the confidence needed

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to prevent you from making a mistake that could have huge consequences.

What about STD's? You know, sexually transmitted diseases. Have you ever thought that could happen to you? Of course not, you're smarter than that. But when looking at [Huffingtonpost.com](http://Huffingtonpost.com) on an article done with MTV, they sighted that one in two sexually active teens will get an STD by the age of 25. That's 50% and most of them don't even know they have it which is why it spreads so easily. What about HPV's? These are warts which both males and females get and over 50% of sexually active people will get this. That's a huge number. Every year there are over 19 million new cases of STD's in the US and those are just the ones they know of. These numbers show that far too many teens aren't paying attention. So please, I beg you, don't listen to the other person. Don't fall under peer pressure.

We have to focus our thoughts in one direction if we want to change who we are and learn to feel confident. So, what does that mean? That means you have to focus on what you truly want in life and who you want to be as a person. What goals do you have for yourself? Where do you see yourself ten years down the road? You have to focus on those goals to help build the confidence it's going to take to stay on track.

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Fear is the root of the problem when it comes to confidence. You might fear this person will leave you if you don't have sex with them. You might fear your friends dumping you if you don't join the club. You might fear your dream person leaving you for someone else who will have sex. Regardless of what your "fear" is about, I'm going to help you reverse this. I can tell you that I learned this technique years ago from a friend of mine, and I have used it countless times in business and in personal situations. I'm not a fan of reinventing the wheel. When I find something that works, I use it.

Think of fear as an acronym. F.E.A.R. = False Evidence Appearing Real. Regardless of not yet feeling confident, you have to focus your thoughts constructively on what you **want** to happen and not on what you **don't** want to happen. What I mean is you want to focus on finding the "right" person for you and the right group of friends--those people and friends who think as you do. You want to feel good, be happy and enjoy life. To do that, you need friends that think like you do. If you allow someone to have power over you, yes ALLOW, then you have given up the very fabric of your being. Remember: people love power over others, but mostly it's because they don't have confidence in themselves. So, they try to convince you they indeed

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do have confidence by attempting to control your thoughts and your actions.

As I mentioned earlier, most of your peers are searching for the same thing you are: the right friends and happiness. F.E.A.R gets in the way because it clouds our judgment. We sometimes feel we have to succumb to the pressure for fear this group of people won't like us. Strangely, the person doing the pressuring typically does not have confidence either, but to the peer group it appears that he's very confident. Ironically, when someone stands up for himself or herself and exudes confidence, a shift typically takes place among the group doing the pressuring. At this point, many in the group are surprised to find out that this person has confidence and the ability to stand up to peer pressure. They want what this person has, and a power shift begins to take place as many in the group give respect to this person instead of the ones who were previously doing the pressuring. It could very well be that this person, new to the group, has never stood up to peer pressure before. But, this group doesn't know that, so they think that this person is amazingly strong and a new leader is born.

Let's take a look at how peer pressure can be a good thing because there are many cases in which this is true. What if someone was pressuring you to try out

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for a team because they believed in you more than you believed in yourself? Maybe it's a new position in your current sport--one that you are not comfortable with. Or it could be that you are being pushed into trying robotics, music, art, theatre, or community involvement. Whatever it may be, typically when we are pressured into a positive direction, it's because our friends, teachers or family members believe it's something we would be good at. There are countless stories out there in which if it weren't for people pushing others, those people would not have accomplished what they accomplished. Take me for instance. I've been a businessman for most of my life. I was never a writer. But I was pushed by others and now I write almost every day. On a lighter note, when we were on a family vacation, I took the kids zip lining. My daughter was scared to death and I almost allowed her to back off and not do it. But, we were with our friends and our friends pushed my daughter to do it as I sat back and didn't say a word. My daughter cried while zipping over the jungle. But guess what? She did it. Three years later we went zip lining again and guess who couldn't get enough? That's right; my daughter. So, peer pressure can be good for us so we don't stay complacent in our comfortable selves. Most human beings need to be pushed out of their comfort zones;

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when they are, magical things can happen. Books are written, businesses are created, products are invented and scientists find cures for diseases.

It's important to understand the contrast between good peer pressure and bad peer pressure. As you understand this, it will make it easier to differentiate the two when you are put in a peer pressure situation. You'll have better instincts, which you'll need to listen to when it comes to negative peer pressure. Never go against these instincts. If you do, you'll have a much higher chance of putting yourself in a negative situation, which will have direct negative consequences. Don't allow F.E.A.R. to take advantage of you. When this F.E.A.R. creeps into your mind, you need to recognize it and talk to yourself. Just say things like, "Oh, no you don't." This is just false evidence appearing real. This is a joke. You don't control me. I control me."

The best part is that anyone can learn this thinking stuff, but like anything else it takes practice. Just like the many hours of practice one would put into sports, or the time spent studying, you are also going to have to practice this "thinking stuff." If you choose not to, you may fall into the trap so many people fall into, and that is of creating a life less than the life you or anyone else deserves. Trust me, if you learn this

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now, this thinking stuff can carry you into the future and unfold a life you could only dream of.

So why don't we already know this stuff? Why didn't my parents teach me this stuff? It seems so easy. Well, the simple truth is that they were not taught themselves. Our "habitual thinking habits" are a learned behavior. Keep in mind there are exceptions to the rule, but for most, the pattern of behavior was learned from a young age. Regardless of where or how the behavior was learned, it's important just to know that most likely they themselves were raised the same way they are raising you. Think about it; people can only teach others what they themselves have been taught. In other words, if your parents have no knowledge of how to think in this manner, then how could they possibly teach it to you?

The truth is, I'm writing this for you, the teen. What I'm trying to teach you in this article is to understand how the magic of life works. Your thoughts end up forming your future. Nothing can happen without thought first. The trick here is using your thoughts constructively instead of destructively. As you practice changing your thinking habits, you will realize that this will be one of the most important things you're going to learn in your life. The goal is to focus your thoughts in one direction.

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I'm going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are "affirming" that which you desire is actually already in your possession.

You should say your affirmation multiple times a day--first thing in the morning, a couple times during the day and then especially at night just before falling asleep, while lying in bed. This is the last thing you want to be thinking about prior to falling asleep.

### **Affirmation**

Thank you, God, for my perfect body. It is wonderful having such perfection, which you have so graciously given to me. Thank you for my wonderful home. Thank you for my family. Thank you for my life. Thank you for my strength. It feels wonderful having such confidence. I love raising my hand and contributing in class. I enjoy having so many incredible friends who support each other. It's fantastic to have such confidence and it feels great to know I can do anything I put my mind to. It's incredible to feel comfortable being who it is I want to be and It's wonderful having the confidence to stand up to others. I'm so happy to know that you have given me all the tools necessary to be successful in life. Thank you, thank you, thank you.

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This affirmation is much shorter than what I use. But, it's a start, and you can add things as you get it memorized. I've used certain words on purpose because some of the words such as "feel," "love," and "amazing," are words that generate feelings. When you say affirmations, you want to say them with feeling. If all one does is repeat the words, it won't work. You have to instill a sense of strong feelings with a belief of already having that which you desire. Take notice that the affirmation is stated in the present tense. You're tricking your mind into thinking you already have enough confidence so you don't fall victim to peer pressure, and you can only do that by *feeling* that you are indeed confident right now. How would you feel if you were that confident person right now? Capture that feeling and use it every time you say your affirmation.



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**Note from the author:** Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, [Thinking In One Direction](#), as well as constantly looking at our site, [www.teenscandream.com](http://www.teenscandream.com). The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

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