



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-2: MODULE 19

FACING PEER PRESSURE & STAYING FOCUSED

Dr. Nirbhay K.
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EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

NEEV-2

For Students of Class 6-9



HELPS YOUR CHILD STAY
FOCUSED, BUILD CLARITY,
MANAGE TIME, AND PLAN
THEIR CAREER AHEAD

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Mentor



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“I’m not in this world to live up to your expectations.”

– Bruce Lee 

-  Say “NO” with confidence
-  Know what’s right for you
-  Choose supportive friends
-  Repeat positive self-belief
-  Ignore distractions from goals
-  Talk to mentors when confused
-  Focus = superpower
-  Don’t compare, stay aware!

-  What is peer pressure?
-  Why is it so powerful during teen years?
-  Making your choices vs. following the crowd
-  Staying focused on your dreams

 Be bold. Be real. Be you. 

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What Peer Pressure Looks Like 🤔

🚰 Try this, everyone else is doing it!

🎮 Skip studying and play instead!

👕 Wear this, talk like that...

🧑🏻♂️ Follow trends, not your truth

🧠 Pressure comes in disguise—recognize it! 😬😞

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Types of Peer Pressure

-  Verbal: “Don’t be boring, just try once!”
-  Non-verbal: Looks, gestures, silence
-  Social media: FOMO and trends
-  Passive: Fear of being left out

 Real strength is saying
NO.  

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Why Do We Fall for It?



🤔 Fear of missing out (FOMO)

💔 Desire to be liked or accepted

🙋 Low self-confidence

🧩 Not sure of our goals or values



Know yourself, and you'll know what to say. 🎯

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How to Stay Focused

 Set clear goals—small and big

 Use planners, to-do lists

 Daily 10-minute quiet time

 Say “No, thank you” firmly

 Focus is your superpower! 

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Smart Ways to Handle Peer Pressure

 Use humour to deflect

 Find friends who respect your choices

 Think: Will this help me tomorrow?

 Walk away when needed—without guilt

 Pause. Think. Choose wisely.



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Online Peer Pressure – Beware! 📱

📱 Unrealistic influencer lives

📱 Viral challenges = risky behaviour

🧠 “Everyone is doing it” ≠ right for you

🛑 Protect your mental space

📱 Log out to tune in to yourself. 🌿

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Parent Tips for Support

 Listen without judging

 Talk openly about choices & pressure

 Share your own teenage experiences

 Boost their confidence to say NO

 A trusted parent is a teen's safest shield. 

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Real Role Models Who Resisted the Crowd 🌟

- 🧠 🧒 ♀ APJ Abdul Kalam – focused despite poverty
- 🏃 Milkha Singh – overcame taunts, focused on training
- 🎤 Lata Mangeshkar – chose practice over partying

🏆
Champions follow their own lane.



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Dear Parents & Students

“The crowd changes every season, but your values are forever. Peer pressure is real, but so is your inner voice. Choose your path—even if you walk it alone at first. It will lead you exactly where you’re meant to go.”

 Pressure fades. Purpose stays.

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NEEV SUCCESS REVIEW: TRACKING GROWTH & NEXT STEPS

- 📄 Use trackers to measure skills, goals
- 🔄 Self-reflection once a month
- 👨👩 Parent-child review meetings
- 📊 Visual progress chart = motivation
- 🎯 Reset goals when achieved
- 🎉 Celebrate progress, not just perfection
- 🌟 Decide next skill to grow
- 🚀 From seed to success, track every step!

🌟 **Review. Reflect. Rise higher.**



- 📈 Let's look back at your journey
- ✅ What did you learn about yourself?
- 📚 Which habits did you build?
- 🎯 What are your next action steps?

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