

Match up each type of influence with its correct description

Type of influence	Description
Indirect	When someone in the group asks others to do something, but will accept the answer if those people say no.
Friendly	This includes name calling and putting someone down, such as calling someone “lame”, “geeky”, “boring”, “frigid” etc. This makes someone feel embarrassed for not doing the thing they are being pressurised to do.
Heavy	No one directly tells anyone to do anything, but the person feels as if they have to go along with the crowd and join in with what others are doing, even if they don't really think it is right.
Teasing	This type of influence happens through social media and the internet more widely. Often, it can seem as if a risky behaviour is much more common than it really is because lots of people talk about or share messages about it on social media. Sometimes the person sharing content can seem to have authority because they have a lot of followers or receive a lot of ‘likes’ or comments.
Internal	This involves intimidating, threatening behaviour and can be either violent or non-violent. A person might make violent threats or threaten the friendship itself, for example, saying “I won't be friends with someone who wouldn't do this for me.” It can involve blackmail.
Online	This pressure comes from inside the person themselves, and makes them feel like they should be involved in the risky behaviour, possibly because they think everyone else is, they want to be part of the group, or to look cool in front of others.

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Friendly	Calling people names to make them feel embarrassed for not doing the thing they are being pressurised to do.
Heavy	When a person feels they must join in with something that they don't think is right, even though nobody has directly told them they have to.
Teasing	When someone sees things on social media and the internet more widely, that make it seem like lots of people are doing something risky, such as taking drugs. Sometimes the person sharing content can seem to have authority because they have a lot of followers, 'likes' or comments.
Internal	When someone uses violence, blackmail or makes threats, for example, saying "I won't be friends with someone who wouldn't do this for me."
Online	This pressure comes from inside the person themselves because they think everyone else is doing something, or they want to be part of the group, or to look cool in front of others.

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I saw on the news that one of my favourite celebrities has taken drugs before, which really bothered me. Even though they got some bad press for it, I don't understand why they didn't go to prison.



My mum would be so disappointed if she thought I ever took drugs, or even hung out with people that did. It's much safer for me to stay away from all that completely, because I would never want to let her down.



My religion bans all drug taking. It is impossible to pray or serve God properly if someone is under the influence of drugs or alcohol. My faith means there's no way I'd ever go near it.



My older brother is 20 and sometimes he and his mates drink a few beers round our house. They say it's no big deal, but my brother wouldn't let me try it because I'm too young.



As an athlete, it would seriously affect my chances of getting into a professional league if I ever tried drugs. My coach reminds us regularly about people who have been banned from the sport, had their medals taken away, or not been able to go to the USA to compete. I also know how bad it would be for my health and fitness.



On social media, I followed this really popular account and she was always talking about a substance she took to look better. I nearly bought some a few times. Turns out though, she was getting paid to sell them and the photos of her were made my AI. Such a scam!



I know I want to be a lawyer when I'm older. I've been studying really hard for my GCSEs so there is no way I would risk a problem on my record in case it got in the way of my future plans.



People keep saying that some drugs are used for medicines, but it's totally different having them prescribed than just risking it alone.



Natasha had just joined a new school and was worrying about making new friends, so was delighted when one of her classmates, Josh, invited her to a party at his house. She arrived a little nervous, and the house was packed. She recognised a few people from her class, but realised she didn't know very many there at all. Josh invited her in and poured her a drink out of a punch bowl. Although she didn't really know what it was, she took a sip or two and found somewhere quiet to sit.

The music was playing, Josh was moving around talking and laughing with different groups of people and introduced her to a few of them. She started to relax and was having a good time. Suddenly, Natasha realised she couldn't see Josh anywhere, and the people she was with started passing round a small bag of white powder. Everyone seemed to be taking a bit, then the group turned to Natasha, and holding out the packet someone asked, "So how about you, new girl, are you trying some?"



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To others putting pressure on Natasha:

To a supportive adult (such as a parent or teacher):



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