



The festive and new year party season tends to be a time when young people take risks that they may not consider at other times of the year, and peer pressure from friends can play a big part in this.

We've created three peer pressure quizzes on the [Health for Teens website](#) which explore peer pressure in relation to [sex](#), [alcohol](#) and [drugs](#).

Within each quiz, young people will find advice from public health (school) nurses.

As well as signposting these to your students, you may like to use the scenarios as a starting point for discussions in your PHSE sessions.

You could also encourage pupils to come up with their own scenarios too.

Sex: Peer pressure or not?

[These scenarios](#) cover peer pressure around virginity,



consensual sex and feeling ready for sex.

Alcohol: Peer pressure or not?

These scenarios cover being legally old enough to drink, feeling pressured into drinking and the effects of alcohol on mood and behaviour.



Drugs: Peer pressure or not?

These scenarios cover use of stimulants to improve concentration, possible side effects of drugs and trying to impress others by taking drugs.



ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.

For children and young people who live in Leicester City, text: 07520 615 386

For children and young people who live in Leicestershire and Rutland, text: 07520 615 387

This service is available Monday to Friday, 9 am to 5 pm (except bank holidays). During these times we aim to respond to all messages within 24 hours.

Through [Leicester Sexual Health](#), find out where you can register for The C-Card, get emergency contraception and additional sexual health advice over the festive period.



Turning Point offers help and support to young people across Leicester, Leicestershire and Rutland. [Visit the Wellbeing Cloud](#) to find out how you can get advice and support with drugs and alcohol.



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