

November 22, 2024

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Peer pressure is a big problem in our lives. It usually occurs when you're with a group of friends that are more daring or bold than you. Peer pressure can make us feel the need to do things we wouldn't normally do. This can include cheating on tests, sneaking out, lying to your parents, etc. Some other examples of peer pressure are our fashion choices, social media, and risky behaviors.

Sometimes, peer pressure can even cause stress, which can be bad for our health. Feeling the need to live up to your peers' standards can be extremely overwhelming.

This is why we need to know that it's just fine to be yourself. No matter what others say, you shouldn't have to feel the need to change yourself into a different person in order to please others. Be yourself!

The affirmation of the day is, "I am comfortable being myself."

Thanks for listening and have a Fierce Friday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

