

Name \_\_\_\_\_

## Game On: Navigating Peer Pressure in Sports and Extracurricular Activities

### Short Answer

1. Explain how the fear of letting down teammates or coaches can create peer pressure in sports and extracurricular activities.
2. Provide an example of group norms in a sports team or extracurricular group and explain how conforming to these norms can influence behavior.
3. Why is it important for individuals to embrace their individuality while participating in sports and extracurricular activities?
4. Discuss the significance of open communication in alleviating peer pressure in these activities.
5. Share a personal experience or hypothetical scenario where seeking support from trusted adults helped someone navigate peer pressure in sports or extracurriculars.

