

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Reflect on the potential long-term benefits of learning to navigate peer pressure in sports and extracurricular activities, including how it can impact personal growth and future endeavors.
2. Imagine a situation where a teammate is struggling with peer pressure to conform to group norms that they disagree with. Offer advice on how you would help them maintain their individuality while maintaining team unity.
3. Discuss the role of coaches and mentors in guiding young individuals through the challenges of peer pressure in sports and extracurricular activities. How can their guidance be valuable?
4. In your opinion, what are some additional strategies that can help individuals effectively balance commitments and navigate peer pressure in sports and extracurricular activities? Share your thoughts and advice.

