

Name _____

Game On: Navigating Peer Pressure in Sports and Extracurricular Activities

Short Answer Key

1. The fear of letting down teammates or coaches can create peer pressure by making individuals feel obligated to perform at their best, even if it's beyond their comfort level. For example, a soccer player might feel immense pressure to score goals because their teammates depend on them for success.
2. Group norms in a soccer team may include a tradition of high-fiving teammates after every goal scored. Conforming to these norms can influence behavior by encouraging players to follow this practice to maintain team unity and express support for each other.
3. Embracing individuality is important because it allows individuals to express their unique qualities and opinions. It fosters personal growth and can contribute to a diverse and dynamic team or group.
4. Open communication is crucial in alleviating peer pressure because it enables individuals to express their concerns, challenges, and feelings. Through communication, teammates and coaches can better understand each other and work together to create a supportive and understanding environment.
5. [Student's personal response]

