

Name _____

Game On: Navigating Peer Pressure in Sports and Extracurricular Activities

Open-Ended Response Answer Key

1. Learning to navigate peer pressure in sports and extracurricular activities can have long-term benefits, such as developing resilience, teamwork skills, and the ability to handle challenging situations. These skills can positively impact personal growth and future endeavors, including academic success and career opportunities.
2. [Student's advice to help a teammate maintain individuality while maintaining team unity]
3. Coaches and mentors play a crucial role in guiding young individuals through the challenges of peer pressure by providing guidance, setting expectations, and fostering a positive team environment. Their experience and leadership can help young athletes and participants develop resilience and adaptability.
4. Additional strategies to balance commitments and navigate peer pressure in sports and extracurricular activities may include time management skills, setting boundaries, and involving parents or guardians in the decision-making process. These strategies can help individuals prioritize their well-being and personal growth while participating in these activities.

