



STAND AND STRIVE FOR SUCCESS!
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- **The Three S's**
- How can students stand strong when fitting in seems to be the easier option? The three S's are designed to help students remember how to combat peer pressure and bullying.



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- **Stand and Strive for Success!**
- At one point in time everyone has undergone the obstacles of peer pressure. Unfortunately, precisely because peer pressure is seen as a common problem, it is often downplayed. Even in its most basic form, peer pressure can cause individuals to partake in activities that they do not want to participate in such as substance abuse or immoral behavior.



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- Sadly, as recent news reports have revealed, peer pressure can also escalate to bullying, causing individuals to live in such fear that they feel they must change their lives. Some victims of bullying experience such despair that they take their own lives. Peer pressure can exist on the playground in college and on to the work room and having the knowledge to take a stand now will help you make healthy and wise choices in your life. Knowing how to handle yourself in tough situations can make a difference in your life.




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- Success, a self-structuring program focused upon standing up for what you believe in and being yourself.
- **Stand** is to stand up to peer pressure through self-confidence, self-esteem and self-motivation.
- **Strive** is to impel oneself to reach beyond their limitations by contributing a hundred percent to achieving one's goals.
- **Success** As youth stand and strive, the end result is success: becoming self-reliant and independent with strong self-worth. This establishes a positive outlet through active involvement, eliminating the negative effects of peer pressure that cause involvement in illicit activities, such as alcohol, drug abuse, physical abuse and mental abuse that degrade traditional morals and values.



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- - **Links**
 - * Links to inform you about Peer Pressure and how you can combat it and overcome obstacles.*
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 - Explains what peer pressure is, why people give in, and how you can walk away. (Kidshealth)-http://kidshealth.org/kid/feeling/friend/peer_pressure.html
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 - <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=286&id=1822> -(Children, Youth and Women's services) -Dealing with negative peer pressure.
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 - <http://www.thecoolspot.gov/> - (The Cool Spot)Resources, information, and support on alcohol use and abuse among teenagers
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 - <http://pbskids.org/itsmylife/index.html>- (PBSkids)- It's My Life deals with life and the stuff that we deal with every day.
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***Statistics**

Statistics about Bullying and Peer Pressure

Center for Disease Control and Prevention

The CDC results were shocking. By the time teenagers are 14 years old,

- 20% of them have tried a cigarette
 - 66% have tried alcohol
 - 25% reported having been involved in a binge drinking episode
 - 25% of teen girls tried illegal drugs as a direct result of peer pressure
 - More than one-third of teens have had sexual intercourse
- BullyingStatistics.org



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- Suicide is the third leading cause of death among young people, resulting in about 4,400 deaths per year, according to the CDC. For every suicide among young people, there are at least 100 suicide attempts. Over 14 percent of high school students have considered suicide, and almost 7 percent have attempted it.
- Bully victims are between 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University
- A study in Britain found that at least half of suicides among young people are related to bullying



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- 10 to 14 year old girls may be at even higher risk for suicide, according to the study above
- According to statistics reported by ABC News, nearly 30 percent of students are either bullies or victims of bullying, and 160,000 kids stay home from school every day because of fear of bullying



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- Bully-related suicide can be connected to any type of bullying, including physical bullying, emotional bullying, cyberbullying, and sexting, or circulating suggestive or nude photos or messages about a person.
- Some schools or regions have more serious problems with bullying and suicide related to bullying. This may be due to an excessive problem with bullying at the school. It could also be related to the tendency of students who are exposed to suicide to consider suicide themselves.



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- I have championed my school program Stand & Strive for Success in schools in the San Antonio and San Marcos Areas. I have written articles in journals and newspapers and testified at the Texas State Capitol for reform. I am dedicated and committed to reaching out and helping the community. I am able to share my story about how I overcame Peer pressure. I know what it's like to go to school and walk down the long hallways with my head down because I was made to feel uncomfortable about who I was. Now is the time to take a stance if I can survive my obstacles so can you! As Miss Collegiate San Antonio I want to help someone else who is in my position.



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