



Bridging Refugee Youth & Children's Services

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## Cov hluas sib cob - (Peer Pressure and Risky Behaviors)

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## **Cov hluas sib cob - (Peer Pressure and Risky Behaviors)**

Thaum koj tej me nyuam hlob tiav me nyuam hluas, lawv yuav nrog lawv cov phooj ywg ua ke ntau tshaj nrog koj. Me nyuam yaus yeej ib txwm ua li ntawd. Cov tub ntxhais hluas uas muaj phooj ywg mas lawv muaj lub cev khov kho thiab txawj xav dua cov uas tsis muaj phooj ywg. Cov phooj ywg uas koj tej me nyuam muaj rau lub caij yuav nto hluas no mas muab tau txoj kev sib txhawj, txoj kev sib hwm thiab txoj kev sib ntseeg siab rau nws. Koj tus me nyuam cov phooj ywg los yeej xav tau kev phooj kev ywg tib yam nkaus li koj tus thiab. Lawv sib to taub zoo heev. Lawv nyiam tham txog lawv cov teeb meem thiab nrhiav tswv yim los daws cov teeb meem ua ke.

Tub ntxhais hluas xaiv lawv cov phooj ywg vim lawv sawv daws nyiam ib yam thiab lawv xav muaj koob muaj npe. Lawv cov phooj ywg pab tau lawv tus yam ntxwv thiab

As your children become teenagers, they will start spending a lot more time with their friends and a lot less time with you. This is normal. Teens with friends are physically and emotionally healthier than those without friends. Friends during the teenage years provide care, respect, and trust. Your child's friends are going through the same kinds of things as your teen. They understand each other, they can talk about their problems and figure out ways to solve them, together.

Teens choose their friends, because of similar interests, or to make themselves more popular. Their peers influence issues such as style and activities. They want to fit in. Before deciding to do something, teens often ask themselves, "what will my

yuav ua dab tsi. Qhov tseeb ces yog lawv yuav koom tau nrog lawv cov phooj ywg li cas. Ua ntej lawv yuav txiav txim siab ua dab tsi, lawv yeej rov nug lawv tus kheej hais tias, "Kuv tus phooj ywg xa li cas?" Qhov no txhais tau tias yog qhov lawv ua raws nraim li qhov lawv paub hais tias yog qhov yog lawm xwb, thiab ua kom lawv cov phooj ywg lees txais lawv.

Piv txwv li,

- Qhov tsis mus koom kev lom zem ua rau hmov Saturday ntawd yeej tsis ua li cas rau koj, tab sis qhov kev lom zem no yog ib qho tseem ceeb tshaj plaws rau koj tus me nyuam.
- Tej zaum koj yuav tsis nyiam qhov koj tus me nyuam pheej hnav tej ris ua si uas taw loj loj thiab hnav tej tsho luv luv uas vov tsis txog lub puj ntaws li vim koj xav tias cas pheej yuav cia lub plab cuab nphib ua dab tsi. Hais txog nws mas, cov ris tsho yog cov hluas tam sim no nyiam hnav tshaj plaws thiab nws cov phooj ywg los hnav cov no tib yam nkaus.

Txawm tias koj tus me nyuam tsis to taub qhov koj hais qhia nws los, koj tseem yog ib tug muaj nqis rau nws. Thaum cov niam cov txiv tsom kws xyuas lawv tus me nyuam tus cwj pwm coj, feem ntau lawv yuav xaiv tau cov phooj ywg uas coj tau raws li

friends think?" This does not mean their decisions are stupid. It means that there is a trade-off between doing what one knows is right, and being accepted by peers. It also means you and your teen may identify different consequences of a behavior and may value those consequences differently.

For example,

- Missing the coolest party on Saturday night is not a big deal to you, but it seems like the worst thing in the world to your teen.
- For you, you may not like the fact that your daughter is wearing blue jeans that are flared and shirts that barely cover their belly buttons because you think that it shows too much skin. But for your teen, it is the latest trend of clothing for girls to wear, and her friends are all wearing it too.

Even though your teen may not understand what you tell them, you are important. When parents monitor their teen's behavior, the teen is more likely to choose friends who participate in behaviors parents approve of. Parents need to remain close to their teens and make sure teens balance family time with the time with peers.

qhov cov niam thiab cov txiv nyiam. Cov niam cov txiv yuav tsum nyob ze lawv thiab yuav tau hais kom lawv los nyob hauv vaj hauv tsev ntau tshaj qhov lawv nrog lawv tej phooj ywg. Qhov cov niam cov txiv nrog lawv cov me nyuam sib raug zoo yuav cob tau lawv ntau tshaj li qhov lawv cov phooj ywg cob.

Parents with a good relationship will have more influence than peers. For more information, visit [Shoulder to Shoulder](#).

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