



GIRLS & FOOTBALL SA PEER PRESSURE WORKSHOP

Thank you for your continued support in Girls & Football SA! We are excited to be recognized as a Microsoft Project and appreciate your continued support! As part of the first Giving Challenge, we were encouraged to submit a variety of projects for which to raise funds. While most of our projects received full support, regrettably we were not able to reach our funding goal for our Microproject entitled "Peer Pressure Workshop".

That being said, we can't wait to carry out this workshop in the future! Many girls suffer from peer pressure, especially those that do not understand the concept or know what is happening to them when they are pressurized. Closely related to self-esteem, girls may then make poor decisions and engage in risky behaviour to feel accepted by their peers. Peer pressure can often lead to drug and alcohol abuse, unwanted pregnancies and feelings of worthlessness and a "don't care" attitude.

This workshop aims to give girls the opportunity to learn about peer pressure, how to identify it, and what the consequences of it can be. Girls are encouraged to tell of their experiences of peer pressure, and to share whether or not they have found the courage to say "no" when confronted with pressurizing situations. Workshop leaders help equip girls with tools to deal with uncomfortable situations. Girls look at not only what it feels like to be pressurized, but also why they are sometimes the ones doing the pressurizing, and what impact that may have on their peers.

We are excited to increase our Microproject funding so that we can offer this and other Girls & Football SA workshops to girls in South Africa. With a workshop like this we hope to encourage girls to make informed choices that will ensure they will not be taken advantage of, or that they will subject other girls to peer pressure.
