

“Good Decisions under Pressure”

RJW Scholarship Essay

By Matthew Ober, 7th Grade

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As children enter their teenage years, a heavy weight is put on their shoulders. As they enter the years that lay the foundation of adulthood, peer pressure is something they have to learn to live with. The strength to handle peer pressure comes from a good childhood with supportive parents, friends, and teachers. The good decisions you make as a teen will lead to better decisions later. If you choose to make bad decisions in life, it could lead to making even worse decisions that can hurt your family and community. Continually making bad decisions will shape a poorly constructed life that will lead to failure and mistakes that may never be erased. It is important to start strong with a determination and a plan to face peer pressure without hesitation.

Most groups of teens get together often and do enjoyable things like playing football or go swimming. Although some of the groups of teens you may see hanging around aren't always the average group. In secrecy some may drink alcohol and smoke. A question some people may miss is “Did every person in that group make the same decision, or were some pressured to go along with everyone else?” What would you do if a group of your friends asked you to do something that made you feel uncomfortable? Without hesitation, my answer would simply be “No”.

There are some simple techniques you can use that will help you lead to better decisions as a teenager. The first and best thing you can do is to avoid bad situations to begin with. When you are going somewhere with a friend or to an event with a group of people, make sure you know what all the plans are. If you are not sure, then you should avoid going in the first place.

You should also have an “escape” plan that can give you a good excuse to get out of a situation if

you need to. You can always have a reason to leave an event early to get out of a situation before it is too late. Make arrangements with your parents ahead of time in case you want to leave early. Standing up for yourself is important, but also get help from close friends, parents or teachers if a situation is too hard for you to handle.

Just one week ago, after a great game of baseball, my team went to Chipotle's restaurant. We ate outdoors in a courtyard and when we were almost finished some of teammates started goofing around by challenging each other to jump from one brick wall to another while some were still wearing their cleats. I knew someone could get seriously hurt as the distance was pretty challenging and if someone slipped backwards they could hit their head on the pavement of brick wall. I avoided the situation and stayed away off to the side finishing my dessert. One of my teammates asked if I wanted to join in. Without hesitation I said "No, I need to finish my cupcake!" I walked away and alerted my coach that the situation was getting crazy, and he calmed everyone down while I finished my cupcake.

As a teen, ~~set high standards~~ set high standards for your life. Always be proud of your good actions and decisions. The things you do affect you, your family, and your community. Be a good friend and set a good example for others. Remember that what you do now will reflect on you as an adult. The best decisions are hard, but a bad decision may be painful for many people. Bad^{*} decisions can lead to someone getting hurt or breaking the law. This is why teens should always choose good decisions in life.