

PEER PRESSURE

ETERNAL GEMS' YOUTH NEWSLETTER

Dealing with peer Pressure

BY: MAGDLINE OBENOFUNDE



Hi readers,

I hope you all are doing well and staying safe. I pray your week will be filled with love and positivity. We are all still growing and trying to figure out who we really are. Sometimes it can be hard to do that when you face pressure from your peers.

Peer pressure is when you do something you wouldn't do otherwise, because you want to feel accepted and valued by your friends. Influence is the capacity to have an effect on the character, development, or behavior of someone or something.

Peer pressure and influence can be positive. Like for example, you can use this influence to be more assertive and try new activities, or to get more involved with school. But peer pressure AND INFLUENCE can also be negative as well. Some people may choose to try things that they usually wouldn't be interested in, like smoking or drinking.

The best way to deal with peer pressure is to trust yourself. Be happy with yourself & your choices and values. Be strong in your faith and be fearless. You will soon find peace within.

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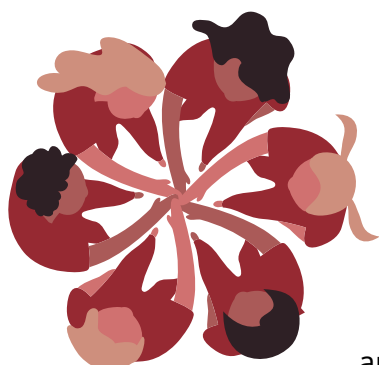
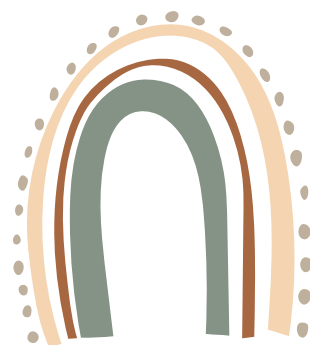
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BOOK OF THE WEEK

I am not your perfect American daughter by Erika E Sanchez

After Julia's sister Olga passes away tragically, her broken family looks to her to hold them together. But Julia isn't the perfect daughter her sister was.

Then again, was Olga? This story delves into the pressures of being a Mexican-American daughter and what it means to carry the weight of loss on your shoulders.



Cooking corner



Ingredients

- 3 tablespoon canola oil (divided; or vegetable oil)
- 1 small onion (white or yellow, diced)
- 1 clove garlic (minced)
- 3/4 cup mushrooms (fresh, diced small)
- 3 green onions (diced)
- 1/2 teaspoon cumin
- 2 tablespoons warm water
- 1 1/2 teaspoons egg replacer
- 1 (15-ounce) can pinto beans
- 1 teaspoon fresh parsley (minced) Salt (to taste)
- Black pepper (to taste)



For Serving: hamburger buns, toppings (lettuce, tomato, onion, pickles, vegan mayonnaise, mustard)



Vegan Mushroom Bean Burger

This vegetarian, vegan, and gluten-free mushroom burger recipe may just surprise you with how tasty it is. While mushrooms provide plenty of flavor and texture, the addition of pinto beans makes this recipe high in fiber and protein, too. These veggie burgers are easy to make and healthier than beef burgers.

ADVICE COLUMN

This segment is dedicated to giving and receiving advice from others. We want this newsletter to be very helpful and interactive as possible. Please send in some issues or problems that you find hard to deal with. We will share your issue anonymously.

RIDDLE CORNER

Q: What has hands but can not clap?

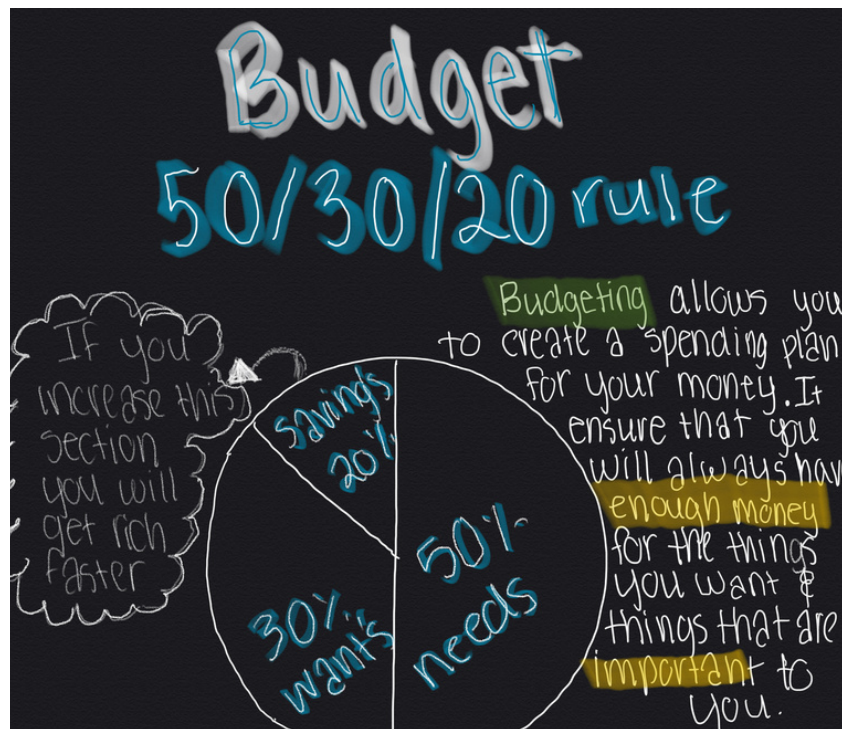
A: A clock

Q: What can you catch but not throw?

A: A cold

Q: A house has 4 walls. All of the walls are facing south, and a bear is circling the house. What color is the bear?

A: The house is on the north pole, so the bear is white.



“For Am I now seeking the approval of man, or the approval of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of God

English standard version

Galatians 1:10



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A lot of times peer pressure stems from trying to please your peers. Do not listen to them and do what you feel is best for yourself. Do not follow others. Be your own person. Only God validates you, no one else. Do not feel that you need approval from your peers to be happy & to be content. God loves and accepts you just the way you are. Never forget that you were beautifully and wonderfully made through Christ.