

December 12, 2025

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Have you ever experienced peer pressure? If so, you know first-hand how challenging it can be. Overcoming peer pressure starts with understanding your own feelings and what you believe is right. When you figure that out, it becomes easier to tell when someone is trying to push you into something you don't want to do. Peer pressure can make you think you need to act a certain way just to fit in, but in reality, being your genuine self is way more important. Taking a moment to think before making a choice can help you decide what's best for you.

Another way to deal with peer pressure is to spend time with people who respect your decisions. Good friends won't force you into situations that make you uncomfortable. Speaking up for yourself might feel hard at first, but the more you do it, the more confident you become. By choosing the right friends and trusting your own judgment, you can avoid negative peer pressure and make decisions that truly show who you are.

Like Walt Disney, the affirmation of the day is, “I see every day as a chance to create.”

Thanks for listening and have a Fearless Friday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

