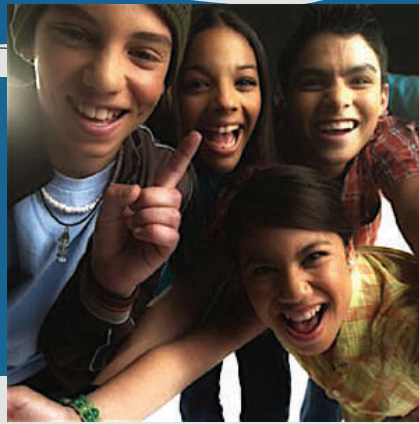


**March:  
WEEK ONE**



# **PEER PRESSURE**

## **THE AGENDA:**

*Discuss: What is peer pressure? What are different types of peer pressure? Give some examples of times you felt pressured by your peers. Are there good and bad forms of peer influence? Discuss some positive ways your peers influence you. What is the best way to respond to negative peer pressure?*

- ◇ 'Peer Pressure' Worksheet
  - ◇ Role-play Peer Pressure situations.
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- ◇ Have Show and Tell—each of you bring something important to you from home and explain its significance.
  - ◇ Make and bake mini-pizzas.



## Peer Pressure

Some examples of negative peer pressure I have witnessed are:

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Some examples of positive peer pressure I have witnessed are:

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Some effective responses I have seen or done to respond to peer pressure are:

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Some creative ways to say “no” to negative peer pressure might be:

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Role play the following situations or make up your own:

- A. You are in a convenience store with your friends and each of them slips a chocolate bar into their bags. They encourage you to do as well.
- B. Your friend offers you a cigarette or alcohol.
- C. Your friends are teasing an unpopular boy, and trying to get you to join in.
- D. Your friends are going jogging but you'd rather watch television.

# WAYS TO SAY NO TO DRUGS:

- Thanks, but no thanks and it's not up for discussion.
- My parents always have ways of finding out these things and then we'll both be in trouble.
- No, what do I look like, a hippie?
- No, I never smoke on days that end with 'y'.
- Haven't you seen the fried egg in those ads?
- No, I'm saving my money to buy a dirtbike.
- No, I'm really not into that stuff.
- No thanks, I tried it once, hated it and threw up all over the couch.
- No thanks, I need all the brains I've got.
- No thanks, I know someone who died from that stuff and I couldn't do it to my parents.
- Thanks, but I'm not sure you are ready to meet my evil twin.
- No, grass is for mowing.
- Sorry, I'm on the drug free diet.
- I'm taking medication it might interfere with.
- I'd rather eat my mother's mystery casserole.
- No, it's not my style.
- No thanks, I already feel paranoid.
- Cancer runs in my family, if I start smoking I'll probably get it.
- No thanks, doing illegal stuff just doesn't turn me on.
- My life's difficult enough without having to deal with this added hassle.
- My coach says smoking will hurt my game.
- Be a broken record, say no over and over again.
- Suggest other things to do: "Let's go to a movie", "Let's play soccer".
- Leave. When other steps have been tried, get out of the situation by going home or calling for a ride.

COME UP WITH YOUR OWN!

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