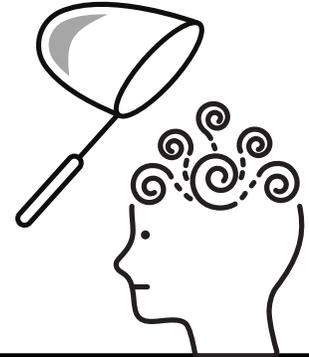


THOUGHT RECORD

Think about a time, an event where you felt peer pressure. Record the information.

EVENT

What happened?



FEELINGS

How did it make me feel?

THOUGHTS

What was I telling myself when the event was happening?

BEHAVIOUR

What was my response to the situation?

SUPPORTIVE EVIDENCE

Why is my thought true?

NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?

PEER PRESSURE

1. Why is peer pressure an especially strong force in the life of a teenager?
2. Define peer pressure.
3. Are teenagers the only ones vulnerable to peer pressure?
4. What is something that people often get pressured into doing?
5. What does it mean to be independent and how independent should you be?
6. Why is peer pressure hard for teenagers to resist?
7. How can people say no to peer pressure?
8. Give an example of peer pressure as the person giving the pressure and use the phrase: "What's the worst that could happen?"
9. Give an example of peer pressure as the person giving the pressure and use the phrase: "But everybody's doing it".
10. Respond to "What's the worst that could happen?"
11. Respond to "But everybody's doing it".
12. Is there such a thing as positive peer pressure?
13. What would you do if your friends did something that you disagree with?
14. Where can you ask for help about peer pressure?
15. Give an example of how peer pressure could conflict with beliefs and/or values.
16. Is it hard to say 'No' to friends?
17. Do you feel peer pressure in school?
18. What is the meaning of 'free will'?
19. Have you ever pressured a friend into doing something positive or negative?
20. Is peer pressure a fact of life, or can it be eliminated?

Peer Pressure

***Scenario one:** Tonya and Kim absolutely hate their math teacher. He always gives them a hard time in class, and he is so boring. One day before math class, Kim asks Tonya to skip class so they can hang out at the park.*

***Scenario two:** Rick just received his driver's license, and his dad is going to let him borrow his new SUV. However, in order to drive the vehicle, Rick can have no more than two friends in the SUV, is not allowed go out of town and must be home at 11 p.m. Three of Rick's friends want him to drive them to a party 30 miles away.*

***Scenario three:** Nia and Brett have been dating for several months. They haven't discussed sex, but both of Nia's best friends have "gone all the way" with their boyfriends and tell her that most couples their age are having sex. Nia knows she isn't ready for sex, but she doesn't want her friends to think she's immature.*

How would you handle peer pressure if you were involved in one of the above situations?

These scenarios are examples of some of the pressure that teens encounter in their lives. Most teens are taught right from wrong at an early age and, thus, know what to do and what not to do. However, when our friends or our peers get in the picture, our vision becomes blurred and all the morals and rules we are taught suddenly disappear.

The Role of Peers

Growing up can be stressful. For the first time in your life, you are becoming independent and are held accountable for the decisions you make. You are going through so many changes. Teens often look to their friends when making decisions. What they do and how they feel about you play an important role in how you perceive yourself.

Your friends have their own set of informal rules. Some peer groups or cliques have their own style of dress or ideas about what's cool. If you're comfortable with what your friends do and enjoy spending time with them, great. However, just because something is normal for a group doesn't mean it's the right thing for you to do. For example, if your friends think it's cool to shoplift from the mall, you should find new friends.

Most people select their friends based on common interests. But if these interests begin to change and you don't want to be a part of what your peer group is involved in, you need to make new friends.

***Tip 1:** Real friends will not pressure you to do the wrong things.

***Tip 2:** Real friends will not desert you for standing up for what's right.



PEER PRESSURE

Scene 2

Sofia: I wish you would try out for the school musical with me.

Maia: But I don't sing. I play basketball.

Sofia: Who says you can't do both? Besides, I've heard you sing. I know you have a great voice.

Maia: Me? No, I don't.

Sofia: Yes, you do. You have a beautiful voice. You just try to hide it.

Maia: Well, it's embarrassing to sing in public.

Sofia: Why is it any different than making a jump shot in front of hundreds of people?

Maia: I don't know. It just is.

Sofia: Well, it can't hurt to try, can it? Plus, Josie and Nina are already going. It would be so cool for all four of us to do it together.

Maia: What if I bomb?

Sofia: I'm pretty sure you won't bomb. But if you do, I'll buy you a milkshake to make you feel better. Look, just think about it, OK? And stop worrying so much. It'll be fun!

Who's doing the pressuring?

What kinds of words is she using to do it?

What effect might those words have?

Is influence being used in a positive or negative way?

Great Escapes

Instructions: When peer pressure comes knocking, it's a good idea to have a few responses ready to help you "escape." Read the following scenarios and write three comebacks for each to get you out of the sticky situations.

Example

You're at a convenience store, and a friend stuffs a bag of chips into your coat pocket.

1. "Dude, really? I'm not a thief."
2. "No way - my parole officer said one more strike and I go away for a long time."
3. "All this junk food must be going to your brain. I'm putting it back."



Dude,
really?
I'm not
a thief.

All this junk
food must be
going to
your brain.

You have a math test in 7th period. Your friend, who had the same test in 3rd period, steals a copy and offers it to you.

1. _____
2. _____
3. _____

Your friend wants you to pretend you're her mom and call in sick for her so she can cut school.

1. _____
2. _____
3. _____

Your friend thinks it would be funny to block up a toilet in the boys' bathroom.

1. _____
2. _____
3. _____

You've had a bad day and your friend says he has just the thing to help you feel better: a joint.

1. _____
2. _____
3. _____

Your friend shows you an inappropriate picture of the girl who just broke up with him. He wants you to forward it to everyone you know.

1. _____
2. _____
3. _____



PEER PRESSURE

Quiz

1. Your peers are:

- a) people about your own age
- b) your parents
- c) your teachers
- d) kids you babysit

2. True or false: Peer pressure is always bad.

3. Peer pressure can influence:

- a) clothing styles
- b) hairstyles
- c) taste in music
- d) all of the above

4. List three things friends might do to try to get kids or teens to do what they want. _____

5. List three reasons why people might give in to peer pressure. _____

6. List four ways friends can be a bad influence on each other. _____

7. List four ways friends can be a good influence on each other. _____

8. True or false: Kids and teens can pressure each other without even speaking.

9. All of the following are examples of body language that can make someone feel excluded except:

- a) hugs
- b) eye-rolling
- c) pointing and giggling
- d) turning away

10. Personal qualities that can help people resist negative peer pressure include:

- a) speed and agility
- b) self-confidence and assertiveness
- c) nice smile and lustrous hair



PEER PRESSURE

Quiz Answer Key

1. Your peers are:

- a) people about your own age
- b) your parents
- c) your teachers
- d) kids you babysit

2. True or false: Peer pressure is always bad.

3. Peer pressure can influence:

- a) clothing styles
- b) hairstyles
- c) taste in music
- d) all of the above

4. List three things friends might do to try to get kids or teens to do what they want. Any three of the following: tease, call names, say they're not cool, threaten, exclude from group, ignore, etc.

5. List three reasons why people might give in to peer pressure. Any three of the following: to seem cool, to seem brave, to get in with a group of friends, to impress others, etc.

6. List four ways friends can be a bad influence on each other. Any four of the following: they can encourage each other to smoke, drink, try drugs, be sexually active, cheat, lie, steal, bully, be lazy, not do their homework, etc.

7. List four ways friends can be a good influence on each other. Any four of the following: they can encourage each other not to engage in drinking, smoking, drugs, and sexual behaviors; they can encourage each other to work hard in school or sports; try a positive new activity; volunteer; believe in themselves; be kind; be physically fit; be honest; etc.

8. True or false: Kids and teens can pressure each other without even speaking.

9. All of the following are examples of body language that can make someone feel excluded except:

- a) hugs
- b) eye-rolling
- c) pointing and giggling
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10. Personal qualities that can help people resist negative peer pressure include:

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