

Peer Pressure? Empower Yourself

Outcome

USC7.6 Demonstrate interpersonal skills, including assertiveness skills, to effectively and skilfully manage peer pressure (e.g., alcohol and drugs, exclusionary behaviours, family expectations, academic pressures, rules/laws).

Indicators

USC7.6(F) Express insights in response to the statement that resisting peer pressure takes personal commitment, skill, and practice.

USC7.6(I) Describe and practice a minimum of five strategies to resist peer pressure (e.g., demonstrate physical confidence, say no and leave, provide a reason or an excuse, offer an alternative, use of humour).

Refer to the background information pages on:

- Refusal Techniques
- Smokeless Tobacco

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Part 1 - Brainstorming

Write “What is a friend?” on the board. Lead the class in a brainstorming session by saying: ‘A friend is someone who _____’. Document their responses. Ask the students to describe the differences and similarities between a friend and a peer.

What is peer pressure? Discuss the definition with the class. Is all peer pressure negative? Discuss possible examples or share a story of a character who experienced both positive and/or negative peer pressure.

Part 2 - Strategies to Resist Peer Pressure

Have the students identify a minimum of five healthy strategies to resist peer pressure. Students could review these strategies and discuss if they are a realistic option for them and demonstrate examples of each.

Part 3 - Role Play

Provide students with the scenario below and have the students role play their response using one of the eight refusal techniques outlined in the background information.

Scenario: You are over at your friend’s house when he/she offers you smokeless tobacco. You do everything together and you do not want to hurt his/her feelings. You also know that smokeless tobacco is both addictive and harmful to your health.

1. Using the refusal strategies, demonstrate how you would resist your friend’s peer pressure.

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Part 4 - Class Discussion

As a class, discuss the following:

1. What are some of the possible consequences of both resisting and not resisting your friend's peer pressure?
2. Why is it important to stand up for what you believe is right for you and say how you are feeling?
3. What kind of commitment does it take to resist pressure from a friend or a peer?

