



Goal and Rationale

The goal of this presentation, “Peer Pressure”, from our teens/young adults series is to teach teens and young adults what peer pressure is, how peer pressure can be harmful, and how they can make the right choices when it comes to identifying the impact of peer pressure.

By the end of this activity, we hope that students will be able to:

- ✓ Explain what peer pressure is.
- ✓ Discuss how peer pressure can be harmful.
- ✓ Evaluate the short and long-term effects that peer pressure can have on people.
- ✓ Describe the different ways that peer pressure can impact them and people they know.
- ✓ Come up with a plan for avoiding peer pressure.

Suggested Procedure for Educators

*** Editing the presentation is not permitted. When opening the PowerPoint, click on read-only. ***

Slide 1: Present the subject that will be covered in this presentation.

Slide 2: Go over the definition of peer pressure.

Slide 3: Go over the definition of peers.

Slide 4: Go over the different ways that peer pressure can manifest. **Click.**
Go over the examples of peer pressure.

Slide 5: Go over the consequences of peer pressure.

Slide 6: Go over the information regarding positive peer pressure.

Slide 7: Pause your presentation to ask students the following questions to make sure they understand what has been covered so far:



1. What is peer pressure? (Slide 2)

Answer: A feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.

2. Who are your peers? (Slide 3)

Answer: Your peers are people your age or close to it who have experiences and interests similar to yours. You and your friends make dozens of decisions every day, and you influence each other's choices and behaviors.

3. Give 3 examples of peer pressure. (Slide 4)

Answer: Peer pressure can be demonstrated in different ways like having to go through an initiation, shoplifting, skipping school, or bullying someone. Keep in mind that peer pressure can be spoken or unspoken. And there can also be direct or indirect peer pressure.

4. Name some consequences of pressuring a peer. (Slide 5)

Answer: The consequences of giving in to peer pressure can be destructive, but pressuring others also has consequences. Just imagine you pressure someone to take some drugs and the person overdoses or has a bad reaction to it and harms himself. Peer pressure can lead to legal consequences, or you could be kicked out of school. But no matter what consequences you get, you'll still have to live with what you did.

After discussing these questions with your students, resume the presentation:

Slide 8: Tell them that you'll go over some tips on overcoming peer pressure. **Click.**

Go over the Take your time information. **Click.**

Go over the Listen to your gut information.

Slide 9: Go over the Plan your answer information. **Click.**

Go over the Set boundaries information.

Slide 10: Go over the Hang out with like-minded people information. **Click.**

Go over the Offer an alternative information.

Slide 11: Go over the information on not hesitating to leave if the situation is dangerous.



The presentation is over. Ask students the following questions to make sure they understand what has been covered in the second part.

5. Name a few tips to avoid peer pressure. (Slides 8-10)

Answer: Take your time, listen to your gut, plan your answer ahead of time, set boundaries, hang out with people who feel the same way you do, and offer an alternative.

6. Give some examples of alternatives you could offer to avoid peer pressure. (Slide 10)

Answers will vary but could include: If they want you to drink with them and you don't want to, you can ask them to dance instead. Or plan to watch a movie or go for a walk next time.

7. What are the two things you should do if you feel there is a danger for you or someone else? (Slide 11)

Answer: Don't hesitate to leave or seek help.

Once your students have answered questions 1-7, proceed to a large group discussion using the thematic questions below. Depending on the grade level or age group of your students, you can expect this entire activity including the presentation to take between 20-30 minutes.

Discussion questions

Note: the sample answers below represent potential correct answers and can be used to facilitate deeper discussion with your students.

8. What is the presentation trying to tell us about peer pressure?

Answers will vary but could include: that peer pressure is something that can change our lives drastically, and we need to have a plan for dealing with it. It includes different forms of peer pressure like pressuring people to use drugs or alcohol, skipping school, stealing things, and many other things.



- 9. How does the presentation explain the negative ways that peer pressure can change us?**

Answers will vary but could include: the video tells us that there are many different ways peer pressure can hurt, including by forcing us to try dangerous things that we don't want to do in the first place, and by making dangerous choices.

- 10. What emotions did you feel during this presentation? Explain your answer.**

Answers will vary but could include: shame, curiosity, fear, anxiety, determination, confusion, doubt, sadness, uncertainty, pride, excitement, and/or hope.

- 11. What lessons can we learn about peer pressure from this presentation? Explain your answer.**

Answers will vary but could include: having a plan for dealing with peer pressure, including leaving the situation if it gets too intense, seeking help right away, and choosing the right friends are all very serious steps we can take to help ourselves.

- 12. How has this presentation informed and/or changed your opinion about peer pressure? Explain your answer.**

Answers will vary but could include: that peer pressure is very dangerous and I want to make sure that I only engage in the positive kind, and that I plan on coming up with my plan of action for dealing with peer pressure for myself and my friends so we don't get surprised by anything.

Note: Teachers, please have your students share their feedback with us using the form linked at the end of this curriculum's web page, we want to continue to make our message stronger and more effective. Thanks!