

LESSON

3

Peer Pressure Unit Grade 8 • Ages 14-16

TIME FRAME

Preparation: 10 minutes
Instruction: 30-60 minutes

MATERIALS

Three large poster sheets; write the following on the top before class:
Negative Ways People Pressure Others, Ways to Respond to Peer Pressure and Ways to Stand Up for Others

RAK Journals

Kindness Concept Posters:

Assertiveness, Responsibility, Respect, Self-Discipline and Integrity

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.8.1

Colorado: Comprehensive Health S.3,
GLE.2, EO.c, IQ.2; Reading, Writing and
Communicating S.1, GLE.1, EO.a

SEL: Self-awareness, Self-manage-
ment, Responsible decision making

[Learning standards key](#)

Ways to Respond to Peer Pressure

Students will explore different ways they feel pressure, strategies for responding to peer pressure and ways of being an upstander.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

American Psychological Association Interview with Brett Laursen, PhD. On the Positive and Negatives of Peer Pressure: <http://www.apa.org/research/action/speaking-of-psychology/peer-pressure.aspx>

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

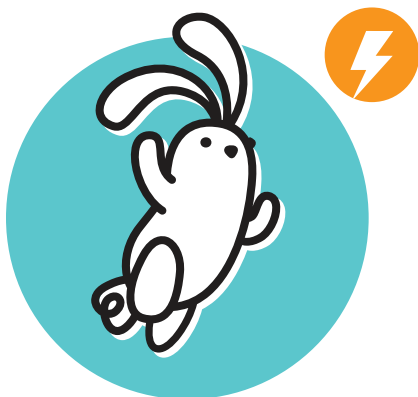
RESPONSIBILITY	Being reliable to do the things that are expected or required in your life, home, community and environment.
RESPECT	Treating people, places, and things with kindness.
ASSERTIVENESS	Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.
INTEGRITY	Acting in a way you know to be right and kind in all situations.
SELF-DISCIPLINE	Controlling one's words and actions for the benefit of self and others.
UPSTANDER	Someone who sees a wrong act and does something to help the situation.



The RAK paradigm is the framework for teaching and building kindness skills.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Adding images to the posters to visually show the ways people can respond to peer pressure. Add teacher suggestions of responses to peer pressure as listed in the lesson where appropriate.
- Having a laminated bookmark with the “Ways To Respond to Peer Pressure” suggestions so that students can have a reminder.
- Reviewing the suggestions often during the school year, particularly if there are issues that arise.

Resources

Peer Pressure Infographics:

http://teens.lovetoknow.com/Statistics_on_Peer_Pressure

Share (3 mins)

Peers can also pressure us in a good way! Tell the person next to you about a time when someone encouraged you to do something that you wanted to do, but were having trouble achieving.

Inspire

Pressure (10 mins)

During the last activity, we talked about peer pressure. Let's continue talking about what it means to pressure others. What are some ways people act to get others to do something they don't want to do?

Allow students to respond and write their responses on the poster sheet that says “Negative Ways People Pressure Others.” If students are having a difficult time coming up with ideas, suggest the following tactics:

- Use flattery or act really nice for a selfish reason
- Criticize the other person's clothes, opinions, religion, values, etc.
- Try to control the person's actions
- Present “facts” in a way that seems true
- Suggest that a person in charge agrees with them to make it seem okay
- Promise of popularity
- Promise of reward or punishment
- Nag
- Try to guilt another person into doing things their way

Discuss student responses in small groups or as a class.

Empower

Ways To Respond To Peer Pressure (15-30 mins)

If you are pressured for time, you can divide the class into two and give them the remaining posters for: “Ways to Respond to Peer Pressure” and “Ways to Stand Up for Others” Then have them share out.

What are some ways you can respond when someone pressures you to do something you don't want to do?

Write "Ways to Respond to Peer Pressure" on the top of a poster and write their responses on the sheet. If students are having a hard time coming up with responses, suggest the following ways to respond:

- Say no.
- Tell it like is. "No thanks, I don't do drugs."
- Give an excuse: "No thanks, I am in a hurry right now."
- Change the subject: "No thanks. How did your game go last night?"
- Walk away.
- Use humor.
- Ignore the person.
- Avoid the situation.
- Find a friend or ally to help you say no.

Discuss these responses in small groups or as a class.

What can you do to support others when you see them being pressured? Make a poster for "Ways to Stand Up for Others". If students are having a hard time coming up with responses, suggest the following ways to respond:

- Be an Upstander
- Repeat what the person said, Example: She said no.
- Talk to the person alone afterward and tell them you saw what happened.
- Stop the person doing the pressuring by stating that they are pressuring the person and they need to stop
- Make an excuse for the other person
- Use humor
- Ask the person to go somewhere with you and remove them from the situation

Make sure to save the posters for the How Do You Respond to Peer Pressure? Lesson

Infographics are posters or charts that explain educate people on a certain topic. They normally include some facts and then some strategies. Let's look at some infographics on Peer Pressure.

Share: Peer Pressure Infographics:

http://teens.lovetoknow.com/Statistics_on_Peer_Pressure

You may or may not think that these capture what it's really like to experience peer pressure. This is your chance to tell it like it is.

Have students create their own peer pressure infographic.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What are some ways people get pressured by others?
- What are some responses you can use when you feel pressured to do something you don't want to do?
- What are some ways you can support someone when you see them being pressured?



Reflection Questions

- Which of these responses is easy for you? Which are difficult for you?
- Does it feel easier to stand up for yourself or someone else? Explain.
- Do you sometimes accidentally pressure people into doing something? How?

Summary

When we believe we know what is good for someone else, we might pressure them to do it. Putting ourselves in their shoes might help us understand why that doesn't feel good. Being aware of this helps us recognize when peer pressure occurs, and how we might stand up for someone else or ourselves when it occurs.



Act (2 mins)

Kindness Minute

Share some uplifting music with someone you know might be feeling some pressure today.

Kindness in Action

Continue with Peer Pressure Home Extension Activity.

