

LEARNING OBJECTIVES

The purpose of this lesson is for student to build a strong sense of self-awareness and confidently deal with peer pressure.



LESSON CONTENT

Negative peer pressure is when friends try to convince you to do something you do not feel comfortable doing. Having good self-esteem and feeling confident in yourself gives you the power to say “no” and influence others for good using positive peer pressure.

STRATEGIES

- Be confident and self-aware.
- Encourage others to do good.
- Speak clearly and walk away.
- Keep good friends close.

CONVERSATION STARTERS

- What is peer pressure?
- How can you use peer pressure for good to encourage others?
- How does feeling confident in yourself help you navigate negative peer pressure?
- What makes you awesome?

EXTENDING THE LEARNING

- Make a plan and prepare for times when you will need to stand up against negative peer pressure.
- Choose 3-5 positive affirmations to write and post in your bedroom so that you can start your day with a boost.
- With some close friends, make a positive peer pressure club. Find simple ways to help and encourage others to do good.