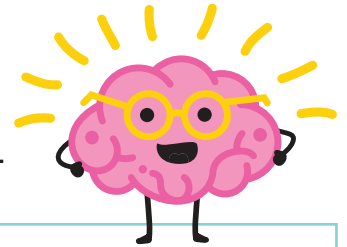


# About Peer Pressure - Level 1

## Activity Handout

### Video Viewing Guide

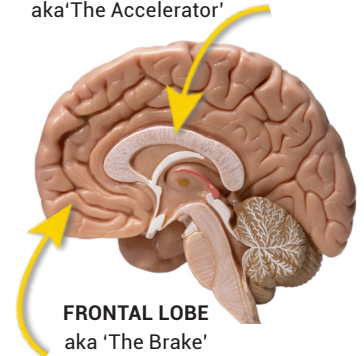
**Do Now:** Write 1-2 sentences in the box below in response to the question-  
**Think about a time when you felt pressured to do something that you didn't want to do.**  
**How did you feel after the event?**



### Fill In The Blank

1. \_\_\_\_\_ is when other kids put pressure on you to believe or behave in a certain way.
2. What are the two kinds of peer pressure? \_\_\_\_\_ , \_\_\_\_\_
3. **True/False:** Peer pressure can be either positive or negative.

LIMBIC SYSTEM  
aka 'The Accelerator'



### Stop and Think...

CFU #1 - What is the difference between indirect peer pressure and direct peer pressure?

### Stop and Think...

CFU #2 - What is it called when friends pressure you to do something wrong or unhealthy?



## Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question.  
Use the box at the bottom to draw out your thoughts.

**Think about a time when you did the right thing and displayed positive peer pressure toward others. Describe what happened right before the event, during the event, and your response. Who do you think benefited from you showing positive peer pressure during this example?**

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## Activity #1 - Independent Practice

Place a  next to each example to show whether it is a direct or indirect example of peer pressure.

Example	Direct	Indirectr
1. A peer tells you to steal an ice cream from the cafeteria line because the cafeteria manager is not paying attention.		
2. You see 2 popular friends in the library teasing another student that the book he selected was "for babies only." One of the popular students looks your way and you decide to laugh.		
3. A friend in class tells you to take the teacher's eraser from the board and hide it so that the teacher cannot teach the math lesson.		
4. When getting off the bus at school, a peer tells you to walk faster and pulls your arm forward in order to avoid saying hello or walking with another student into the building.		
5. You see a group of students laughing and splashing water around in the sinks in the bathroom. You decide to join in.		

## Activity #2 - Group Activity

**Directions:** Create the following chart as a class. Identify 3-5 examples of peer pressure in the school setting. Each example of peer pressure listed should have a corresponding statement/action that can be used to demonstrate positive peer pressure should the example occur.

What is a possible example of peer pressure that you may encounter while at school?	Provide a statement/action that you could use to demonstrate positive peer pressure should the example occur.

## Activity #3 - Extended Learning

**Directions:** Divide into small groups of 3. As a group, name and illustrate 3 ways that friends can demonstrate positive peer pressure to each other. Then, prepare a 2-minute presentation to share with the rest of class.

## Brain Quiz

- \_\_\_\_\_ is when other kids put pressure on you to believe or behave in a certain way.
- There are two types of peer pressure: \_\_\_\_\_ and \_\_\_\_\_.
- True or False:** Indirect pressure happens when a peer is directly telling you or pressuring you to do something.
- True or False:** Negative peer pressure can also be unspoken.
- \_\_\_\_\_ peer pressure is doing the right or healthy thing in order to create positive change.
  - Mediocre
  - Positive
  - Negative
  - Direct

