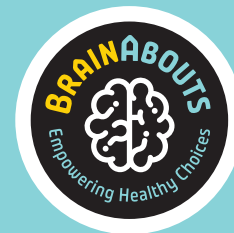


About Peer Pressure - Level 1

Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing
Guide - 4:27 minutes

With Student Video Viewing
Guide - 8-10 minutes

- **Student Activities -**

Write About Prompt It - 10-15 minutes
Group Activity - 15-20 minutes
Independent Practice - 5 minutes
Extended Learning - 20 minutes

- **Brain Quiz - 5 minutes**

Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to **"pair and share"** with a classmate, and/or have a brief class discussion

Remind students to **"preview"** the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Pause the video to talk about for CFU Question 1 - What is the difference between indirect and direct peer pressure?

(Answer: Direct pressure is when a peer is directly telling you or pressuring you to do something.

Indirect pressure is when you see a group of other people doing something and you want to do it too because it seems fun or because you want to fit in.)

Pause the video to talk about for CFU Question 2 - What is it called when friends pressure you to do something wrong or unhealthy?

(Answer: Negative Peer Pressure)

Continued On Back



About Peer Pressure - Level 1

Staff Activity Guide

Student Activity Options:

- **Write About It Prompt (5-10 minutes) -**

- a. Prompt:** 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?

- **Independent Practice Activity (5 minutes) -**

- a. Materials needed:** Paper with chart on it, writing utensil
 - b. Directions for students:** Place a check mark next to each example to show whether it is a direct or indirect example of peer pressure.
 - c. Criteria for Success:** Correct answers for the chart are: Direct, Indirect, Direct, Direct, Indirect

- **Group Lesson Activity (15-20 minutes) -**

- a. Materials needed:** Somewhere to script out answers as a class (white board, projected on board, large poster paper/markers, etc.), make a 2-column chart as seen in the student resources to complete
 - b. Directions for students:** 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.
 - c. Criteria for Success:** Students appropriately identify 3-5 examples of peer pressure and a corresponding statement/action for each.

- **Extended Learning Activity (20 minutes) -**

- a. Materials Needed:** paper, colored pencils
 - b. Directions for students:** Divide the class into small groups of 3. Each group will name and illustrate 3 ways that friends can demonstrate positive peer pressure to each other. Each group will then prepare a 2-minute presentation to share with the rest of class.
 - c. Criteria for Success:** Students are able to identify 3 examples of positive peer pressure, illustrate the 3 examples, and all group members take an active role in the process and presentation. Answers may include: encouraging others to do the right thing, giving positive feedback to each other, encouraging each other to try their best in school/sports, helping friends pick up something they dropped, etc.

- **Brain Quiz Answer Key (5 minutes)**

- 1. Peer Pressure
 - 2. Direct & Indirect
 - 3. False
 - 4. True
 - 5. B. Positive