About Peer Pressure – Level 3 Student Activity Guide



Think About It

1. What is Peer Pressure?

2. I experience peer pressure when ...

Brain Quiz!

1. Influence from members of your own peer group to take certain action, adopt certain values, or conform to be accepted is called_____.

2. True or False: Real friends force friends to do things they don't want to do.

3. True or False: It is typically easier to stick to values in a 1:1 situation than when being influenced by a group.

- 4. Direct peer pressure involves being influenced in all of the following ways EXCEPT:
 - a. Requests and persuasions
 - b. Fashion Trends
 - c. Being handed drugs
 - d. Being asked to drink

5. Indirect peer pressure involves being influenced by:

- a. Fashion Trends
- b. Gossip
- c. Seeing people engaged in risky behavior
- d. Exposure to the actions of others
- e. All of the above

Activity #1 Write About It:

What are your personal values? What is most important to you and why? What are your values concerning drugs, alcohol, and other risky behaviors? Why?



Activity #2 Group Activity:

In groups of 3-5 students, create a skit in which a teenager is being directly influenced to use substances but is able to resist the negative influence of others.

Activity #3 Extended Learning Activity:

In groups of 3-5 students. Create a skit in which positive peer pressure is being used to influence another student to make a positive decision.

For more information and resources on this topic, please visit BrainAbouts.org BrainAbouts^{*} is powered by the John Fontaine Jr. Charity