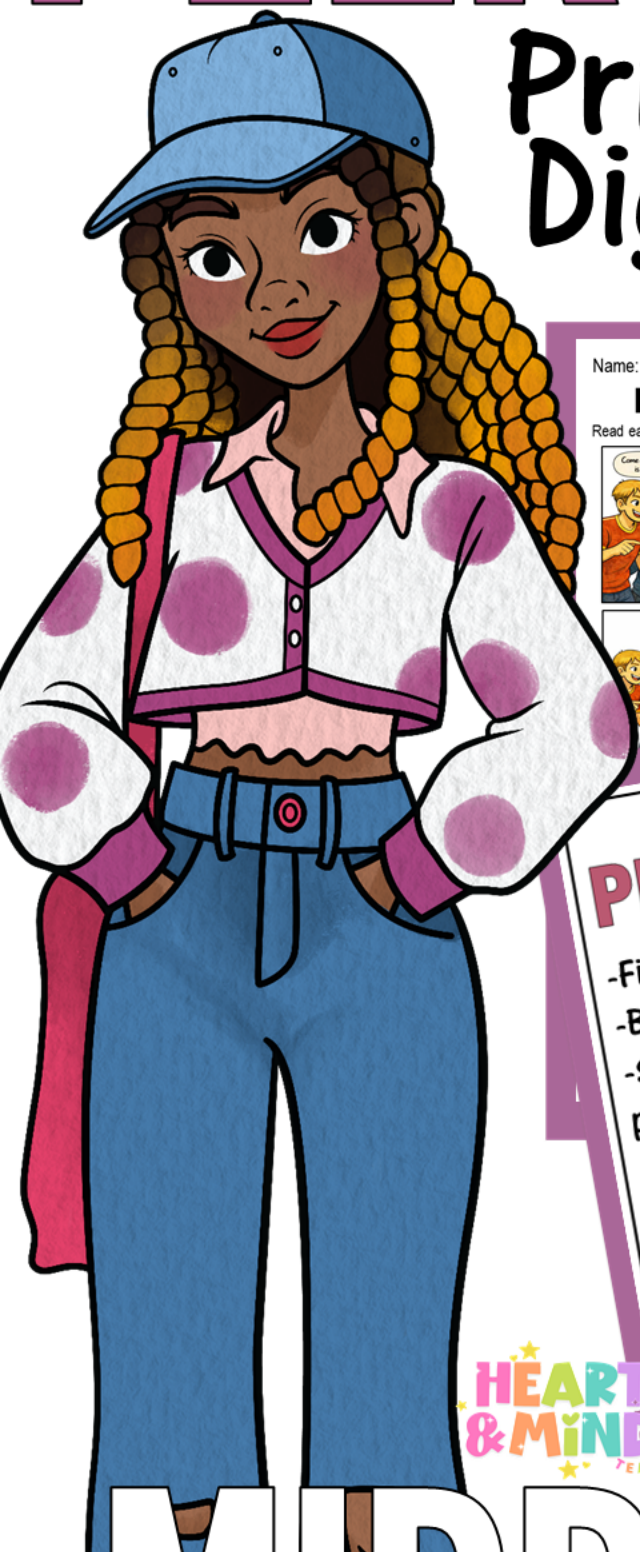


# PEER PRESSURE

## Print + Digital Activities



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE Using Confident Language

Read each peer pressure scenario and create a confident response to decline the pressure.

**SCENARIO:**  
A group of students is pressuring you to cheat on an assignment.

**CONFIDENT LANGUAGE RESPONSE:**

---

**SCENARIO:**  
A group of students is pressuring you to drink alcohol.

**CONFIDENT LANGUAGE RESPONSE:**

---

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE Responding to Peer Pressure

Read each peer pressure scenario and come up with three possible ways to refuse the peer pressure.

A few of your friends are vaping and ask you to join.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MOST COMMON PEER PRESSURE

- Fitting in and belonging
- Breaking rules
- Social media & digital pressure
- Gossip and Drama
- Appearance and comparison
- Risky or unsafe behavior
- Academic pressure
- Loyalty and secrecy
- Friendship choices
- Identity and self-expression

### PEER PRESSURE Task Cards

You feel uncomfortable with something your friends are doing, but everyone else seems fine with it. What does that feeling tell you?

### PEER PRESSURE Negative Pressure Examples

Friends pressure you to break a rule. A group dares you to embarrass someone. Classmates push you to lie or cheat.



# MIDDLE SCHOOL

# 20+ Activities and Resources for teaching peer pressure!




Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

## PEER PRESSURE Emotional & Physical Signs

List below some signs that you may be being peer pressured into doing something.

### THOUGHT SIGNS




### BEHAVIOR SIGNS

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

## PEER PRESSURE Responding to Peer Pressure

Read each peer pressure scenario and come up with three possible ways to refuse the peer pressure.

Some of your friends start gossiping about another student, and ask your thoughts



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

## WRITING Prompts PEER PRESSURE

Write a letter to the student, giving them good advice on how to handle their situation.



Jordan is hanging out with friends after school when they start during each other to sneak into an area they're not supposed to be in. Everyone has...

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

## READ & Respond PEER PRESSURE

Taylor is part of a group chat with several classmates who message each other every day. Most of the time, the chat is fun and full of jokes, but one afternoon, someone posts a screenshot of another student's private message. The screenshot is embarrassing, and soon, people in the chat start making jokes and adding laughing emojis. Taylor feels uneasy and uncomfortable reading the messages. Taylor knows how bad it would feel to be the person everyone is laughing at but doesn't know what to say. A few classmates start tagging Taylor in the chat, saying things like, "Your turn!" and "Don't be boring." A close friend sends a private message saying, "If you don't join in, people are going to think you're against us." Taylor worries that speaking up, leaving the chat, or telling an adult could cause friends to turn against them. At the same time, staying quiet or joining in doesn't feel right either. Taylor has to decide how to handle the pressure and what kind of choice to make.

### Respond

- Why is Taylor feeling pressured in this situation?
- What are two healthy ways Taylor could respond?
- How could thinking about consequences help Taylor make a better choice?
- What would you do in Taylor's place, and why?

## MOST COMMON PEER PRESSURE

### Breaking rules

- Being encouraged to cheat on homework
- Pressure to skip class
- Being told to lie to avoid getting in trouble

### Gossip & Drama

- Pressure to spread rumors
- Being asked to take sides in a disagreement
- Encouraged to talk badly about someone

### Fitting in and belonging

- Feeling like you need to act a certain way
- Changing how you dress or speak to match others
- Going along with something so you won't be left out

### Risky or Unsafe Behavior

- Being dared to do something unsafe
- Pressure to break safety rules
- Encouraged to take risks you're unsure about

### Appearance & Comparison

- Pressure to look a certain way
- Comparing yourself to others
- Feeling judged by photos or posts

### Social Media & Online Pressure


- Feeling expected to post or comment
- Pressure to get likes or followers
- Being pushed to join group chats or online drama

### Friendship Choices

- Being pressured to exclude someone
- Feeling forced to choose sides
- Staying in an unhealthy friendship

### Loyalty & Secrets


- Being told to keep a secret
- Feeling responsible for protecting a friend
- Pressure to not tell an adult



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

## PEER PRESSURE Using Confident Language

Read each peer pressure scenario and create a confident response to decline the pressure.



### SCENARIO:

A group of students is pressuring you to cheat on an assignment.

### CONFIDENT LANGUAGE RESPONSE:

---



---



---

### SCENARIO:

A group of students is pressuring you to drink alcohol.

### CONFIDENT LANGUAGE RESPONSE:

---



---



---

### SCENARIO:

A group of students is bullying another student.

### CONFIDENT LANGUAGE RESPONSE:

---



---



---

### SCENARIO:

A group of students is pressuring you to attend a party that they are not allowed to attend.

### CONFIDENT LANGUAGE RESPONSE:

---



---



---

# Exit Slips, Sketch Notes, Task Cards, Writing Prompts, + more



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE Thinking about Consequences

Every choice we make has a consequence—good or bad. Thinking about consequences means pausing before acting and asking, "What might happen next?" Read the situations and the possible choices, then determine the short and long-term consequences of each choice.

→ A few friends ask you to join them for a smoke.

My Choice	Short-Term Consequence	Long-Term Consequence
Join in.		
Say no calmly and suggest a different activity.		
Tell them it's not good for them.		

Which choice leads to the best outcome and why?

→ A friend asks you to help him cheat on a test.

My Choice	Short-Term Consequence	Long-Term Consequence
Agree to help.		
Say no in a calm and respectful way.		

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE Positive vs. Negative

Peer pressure can help you make good choices—or push you to make choices you don't feel right. For each scenario, determine if it is positive or negative peer pressure and why.

<p>Friends encourage you to study.</p> <input type="checkbox"/> POSITIVE <input type="checkbox"/> NEGATIVE	<p>Classmate you to lie on.</p> <input type="checkbox"/> POSITIVE <input type="checkbox"/> NEGATIVE
<p>Friends pressure you to break a rule.</p> <input type="checkbox"/> POSITIVE <input type="checkbox"/> NEGATIVE	<p>Friends sup for saying something.</p> <input type="checkbox"/> POSITIVE <input type="checkbox"/> NEGATIVE

How can you tell the difference between positive and negative peer pressure in a situation?

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE School Situations

Directions: Read the scenarios and create a positive response that you would use in the situation. Your response should include refusing the peer pressure.

SCENARIO	YOUR RESPONSE
Friends pressure you to copy homework because "the teacher won't notice."	
Classmates encourage you to laugh when someone is embarrassed during class.	

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE What does it look like?

Peer pressure can influence the choices you make every day. Use the chart below to think about what each type of peer pressure might look like in real life.

Type of Peer Pressure	What Might This Look Like for You?
Fitting in and Belonging	
Breaking rules	
Social Media & Online Pressure	
Gossip and Drama	
Appearance and Comparison	
Friendship choices	

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### PEER PRESSURE Sketch Notes

Common Peer Pressure faced:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

What is the difference between direct and indirect peer pressure?

Positive Peer Pressure

Negative Peer Pressure

What are some ways to refuse peer pressure?

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

### TASK CARD Responses

Write your answers to the task cards.

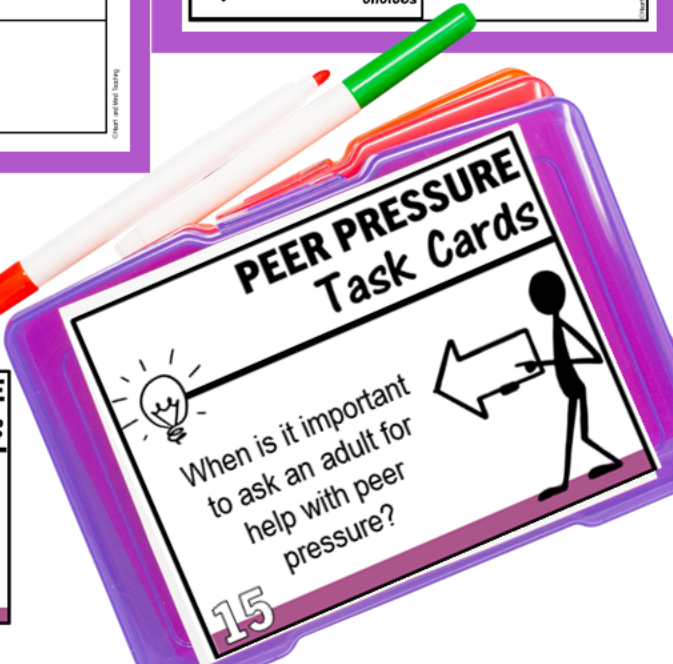
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16

**PEER PRESSURE Task Cards**

13 What is one respectful way to say "no" when you feel pressured?

**PEER PRESSURE Task Cards**

14 How can practicing what to say ahead of time help in a peer pressure situation?



# PowerPoint & Google Slides Included

## PEER PRESSURE

### Direct Peer Pressure Examples



Telling you to steal, lie, or do something against the rules or law.



Directly telling you how to treat another person.



Directly telling you to do something dangerous, downplaying the risks or consequences.

©Heart and Mind Teaching