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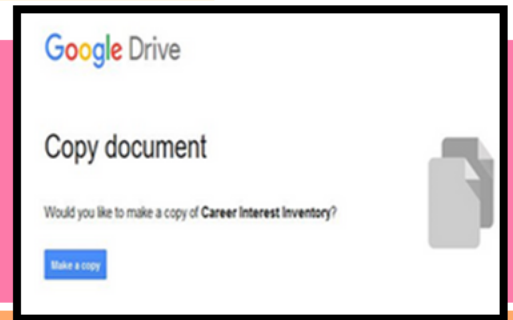
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Click here to get your copy:

Peer Pressure

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



PEER PRESSURE

Session Objective:

*Students will understand what peer pressure is, identify different types of peer pressure, and practice healthy ways to respond to situations where they feel pressured by others.

Materials:

-Handouts & PowerPoint
-Pencils

Guiding Questions:

-How can peer pressure affect the choices we make?
-What is the difference between positive and negative peer pressure?
-What are some signs that you may be feeling pressured?
-What are healthy ways to respond when you feel peer pressure?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

Self-Management Skills:

B-SMS 2: Demonstrate self-discipline and self-control

B-SMS 7: Demonstrate effective coping skills when faced with a problem

B-SMS 9: Demonstrate personal safety skills

Social Skills

B-SS 2: Create positive and supportive relationships with others

B-SS 5: Demonstrate ethical decision-making and social responsibility

B-SS 8: Demonstrate advocacy skills and ability to assert self when necessary

SEL Competencies:

*Self-Awareness: Identifying Emotions, Accurate Self-perception, Self-Confidence.

*Self-Management: Stress Management, Self-discipline, Impulse Control.

*Social Awareness: Respect for others.

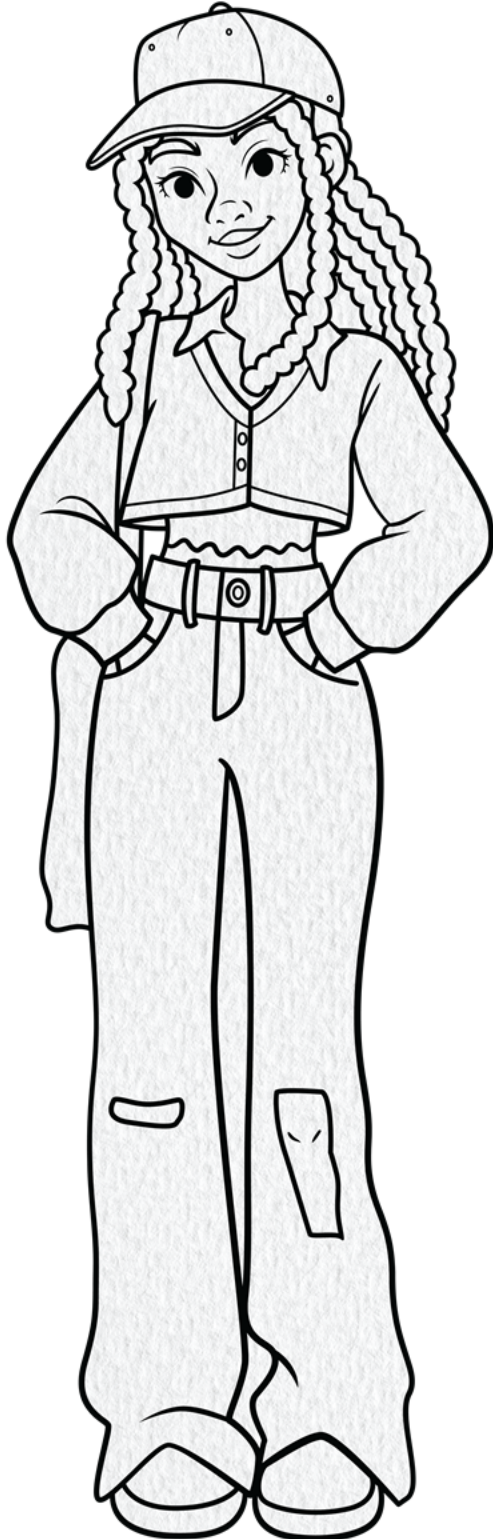
*Relationship Skills: Communication, Social engagement.

*Responsible Decision-Making: Identifying problems, Analyzing situations, Solving Problems, Evaluating, Reflecting, Ethical Responsibility.

Session Details

- *Have students answer the question of the day (slide 3).
- *Present the PowerPoint, have students use the SketchNotes to take notes (page 28).
- *Say "Today we're going to talk about peer pressure. Peer pressure is the influence that people your age have on your choices. It can affect how you act, speak, or decide. Peer pressure can be positive or negative. Learning about peer pressure is important because it helps you make choices that feel right to you, builds confidence to say no when needed, protects your safety and well-being, and supports healthy friendships and respect."
- *Review the Most Common Faced (slide 4). Complete the corresponding handout (p. 13)
- *Explain the Types of Peer Pressure (slide 5-13) and corresponding handouts (p.18-22)
- *Ask: "Turn to a partner and share about a time when you felt pressured to do something you weren't sure about. What made the situation difficult? (Let 2-3 students share aloud.)"
- *Review the rest of the Peer Pressure slides (slides 15-21). Complete corresponding handouts (p. 7-17).
- *Additional activities: True and False (pages 25-27), Writing prompts (pages 7-8), Read and Respond (pages 23-24), Task Cards (p. 30-33).
- *Have students complete the exit ticket (page 29).

HOW TO DECLINE PEER PRESSURE



"I'm not comfortable with that."

"I'm going to pass."

"That's not my thing."

"I don't want to do that."

"I'm good with my decision."

"Let's do something else."

"I'm not into that."

"I don't feel right about this."

"I'll sit this one out."

"That's not worth getting in trouble."

"I'm sticking with what I believe."

"I don't need to do that to fit in."

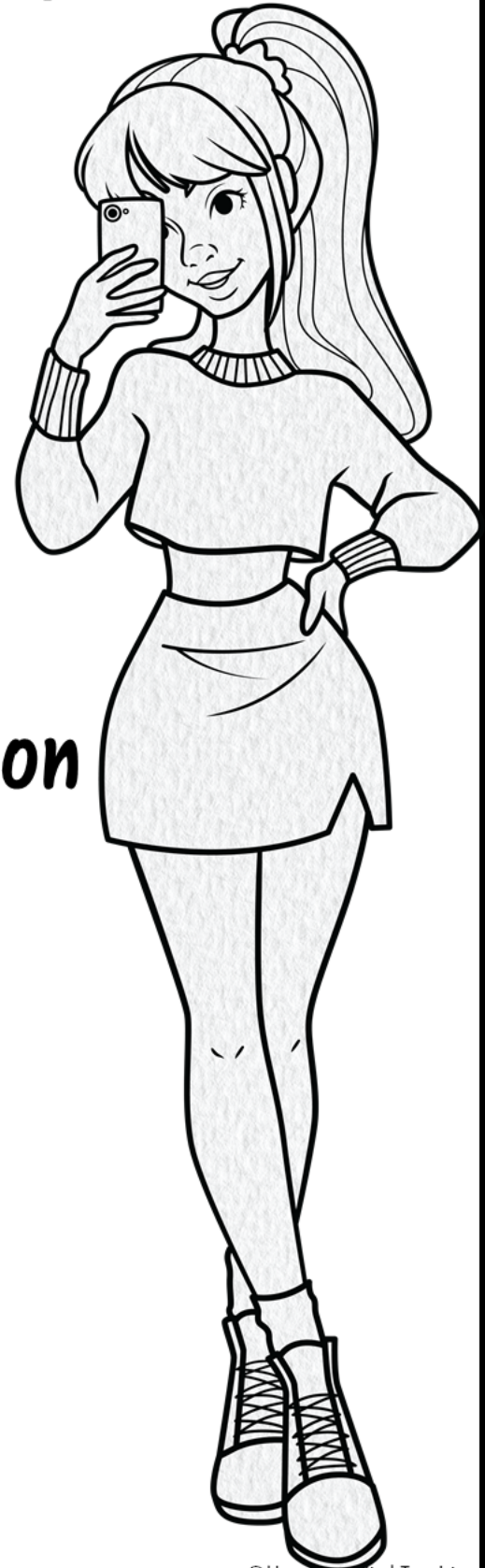
"No thanks, I'm choosing differently."

"I'm going to walk away."

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



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



WRITING Prompts

Name: _____

Date: _____ Per: _____

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 daring each other to sneak into an area they're not supposed to be in. Everyone laughs and tells Jordan not to be "scared," even though Jordan knows it could lead to trouble. Jordan feels torn between wanting to fit in and making a safe choice.

WRITING Prompts

Name: _____

Date: _____ Per: _____

PEER PRESSURE

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



Maya is sitting at lunch with her friends when they start encouraging her to send a mean message to another student in a group chat. They tell her it's "just a joke" and that she needs to do it to stay part of the group. Maya feels uncomfortable but doesn't want her friends to think she's uncool.

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.	
Your group wants you to skip part of a project so you can finish faster.	

PEER PRESSURE

Social 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 push you to exclude someone, so they don't seem "awkward."	
A group dares you to do something risky at a party, so you won't look scared.	
Friends pressure you to lie to cover for something they did.	

Name: _____ Date: _____ Per: _____

PEER PRESSURE

Home 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
Your sibling pressures you to take the blame so they won't get in trouble.	
Family members encourage you to ignore a rule because "it's not a big deal."	
A cousin pushes you to keep a secret that makes you uncomfortable.	

Name: _____ Date: _____ Per: _____

PEER PRESSURE

Digital 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 post something mean because it will get more likes.	
A group chat pushes you to share a screenshot that could embarrass someone.	
Online friends encourage you to join in on teasing, so you don't get kicked out of the chat.	

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

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 *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:

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.



A group of students invites you to join in with them adding graffiti to school walls.

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.



At summer camp, a few campers want to jump off a tall cliff. You know it's not safe.

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.		
Offer a different kind of help.		

Which choice leads to the best outcome and why?

PEER PRESSURE *Direct vs. Indirect Pressure*

Peer pressure can happen in different ways. Sometimes people tell you exactly what to do—that’s direct peer pressure. Other times, no one says anything, but you still feel pressure to fit in—that’s indirect peer pressure. Read each scenario and decide if it is direct or indirect peer pressure.

Scenario	Direct	Indirect
Someone says, “Just do it—everyone else already did.”		
Everyone in the group starts laughing, and you feel expected to laugh too.		
A friend says, “If you don’t come with us, don’t sit with us tomorrow.”		
No one tells you to skip class, but everyone else is leaving.		
A friend says, “Come on, don’t be boring.”		
A friend looks at you and says, “If you don’t try this, you’re scared.”		
Everyone else starts breaking a small rule, and no one tells you to—but you feel like you should too.		
A group chat goes silent after someone suggests doing something risky, and you feel pressure to agree so you’re not the only one left out.		



Which type of peer pressure feels harder to deal with? Why?

Name: _____ Date: _____ Per: _____

PEER PRESSURE *Positive vs. Negative*



Peer pressure can help you make good choices—or push you to make choices that don't feel right. Read the situation and determine if it is positive or negative peer pressure and explain why.

A friend reminds you to turn in your homework on time.

POSITIVE  What type is it?  **NEGATIVE**



Explain your answer.

Classmates pressure you to break a rule, so you won't seem boring.

POSITIVE  What type is it?  **NEGATIVE**

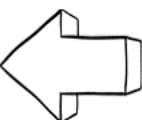
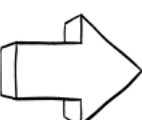
Explain your answer.

A group dares you to post something mean online for laughs.

POSITIVE  What type is it?  **NEGATIVE**

Explain your answer.

A friend supports you for saying no to something unsafe.

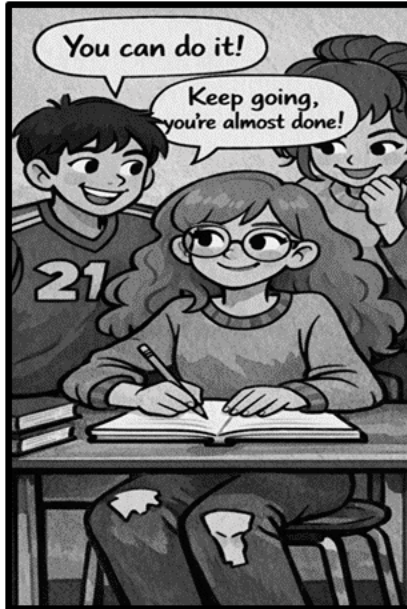
POSITIVE  What type is it?  **NEGATIVE**

Explain your answer.

Name: _____ Date: _____ Per: _____

PEER PRESSURE *Positive vs. Negative*

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



Friends encourage you to study

☐

POSITIVE

☐

NEGATIVE



Classmates push you to lie or cheat.

☐

POSITIVE

☐

NEGATIVE



Friends pressure you to break a rule.

☐

POSITIVE

☐

NEGATIVE



Friends support you for saying no to something unsafe.

☐

POSITIVE

☐

NEGATIVE

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

Name: _____ Date: _____ Per: _____

PEER PRESSURE *Positive vs. Negative*

Peer pressure can help you make good choices—or push you to make choices that don't feel right.



A classmate reminds you to follow rules.

☐

POSITIVE

☐

NEGATIVE



A group dares you to embarrass someone.

☐

POSITIVE

☐

NEGATIVE



A friend pressures you to steal.

☐

POSITIVE

☐

NEGATIVE



A group tries to get you to join in on bullying.

☐

POSITIVE

☐

NEGATIVE

Why is it important to recognize whether peer pressure is positive or negative before making a decision?

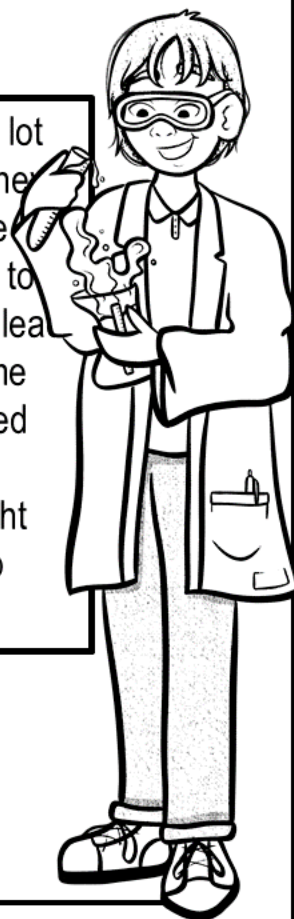
READ & Respond

Name: _____

Date: _____ Per: _____

PEER PRESSURE

Alex is working on a group project that is due the next day, and the group still has a lot to finish. During a group meeting, one student suggests copying parts of a project they found online so everyone can relax and stop stressing. A few group members agree and say things like, "Everyone does this," and "The teacher will never know." Alex starts to feel uncomfortable and nervous. Alex knows copying is against the rules and could lead to serious consequences, like getting a zero or losing the teacher's trust. At the same time, Alex doesn't want the group to be mad or blame them if the project isn't finished on time. One student rolls their eyes and says, "Don't make this a big deal—you're slowing us down." Alex feels torn between wanting to fit in and wanting to do the right thing. The group keeps pressuring Alex to agree, and Alex has to decide whether to speak up or stay quiet and go along with the plan.



Respond

1. What kind of peer pressure is Alex experiencing?

2. What are two choices Alex could make?

3. What might be the short-term and long-term consequences of each choice?

4. What advice would you give Alex?

READ & Respond

Name: _____

Date: _____ Per: _____

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

1. Why is Taylor feeling pressured in this situation?

2. What are two healthy ways Taylor could respond?

3. How could thinking about consequences help Taylor make a better choice?

4. What would you do in Taylor's place, and why?

True or False

Name: _____

Date: _____ Per: _____

PEER PRESSURE

Read each statement and determine if it is true or false. Write T (true), F (false) in the box.

1	Peer pressure means being influenced by people your own age.
2	Peer pressure is always negative.
3	Peer pressure can affect the choices you make at school.
4	Wanting to fit in can make peer pressure harder to handle.
5	Peer pressure only happens in person.
6	Online messages and group chats can be a form of peer pressure.
7	Saying "no" to peers always means losing friends.
8	Positive peer pressure can encourage good choices.
9	Friends can pressure you without saying anything directly.
10	Feeling uncomfortable is a sign that peer pressure may be happening.
11	Peer pressure can influence how you act, speak, or dress.
12	It is easier to handle peer pressure when you have a plan.
13	Everyone experiences peer pressure at some point.
14	Peer pressure only affects students who lack confidence.
15	Standing up for yourself can help reduce peer pressure.
16	Peer pressure can happen at home as well as at school.
17	Laughing along with a group always means you agree with them.

True or False

Name: _____

Date: _____ Per: _____

PEER PRESSURE

Read each statement and determine if it is true or false. Write T (true), F (false) in the box.

18	Thinking about consequences can help you resist peer pressure.
19	Peer pressure can lead to breaking rules.
20	It is okay to walk away from a situation involving peer pressure.
21	True friends will respect your choices.
22	Peer pressure can sometimes lead to unsafe situations.
23	Asking for help is a weak response to peer pressure.
24	Peer pressure can be direct or indirect..
25	Feeling rushed to make a choice can be a sign of peer pressure.
26	Peer pressure does not affect online behavior.
27	Having supportive friends makes peer pressure easier to handle.
28	Peer pressure can impact long-term decisions.
29	You should always go along with the group to avoid conflict.
30	Practicing what to say can help you handle peer pressure.
31	Peer pressure can come from close friends.
32	Saying "no" respectfully is a healthy choice.
33	Peer pressure can make people do things they later regret.
34	You can learn skills to handle peer pressure more effectively.

True or False

Answer Key:

- 1.True
- 2.False
- 3.True
- 4.True
- 5.False
- 6.True
- 7.False
- 8.True
- 9.True
- 10.True
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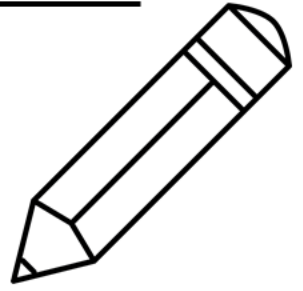
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Date: _____ Per: _____



PEER PRESSURE

Sketch Notes



Common Peer
Pressure faced:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What is the difference between direct
and indirect peer pressure?

Positive
Peer Pressure

Negative
Peer Pressure

What are some ways to refuse peer pressure?

A graphic designed to look like a piece of paper with a torn left edge and a folded bottom right corner. A white banner with a jagged left edge is attached to the top left. The text is centered on the paper.

QUESTION OF THE DAY

What makes peer pressure hard to deal with—wanting to fit in, fear of being judged, or something else?

A graphic designed to look like a piece of paper with a torn left edge and a folded bottom right corner. A white banner with a jagged left edge is attached to the top left. The text is centered on the paper.

EXIT TICKET

One thing I learned today about handling peer pressure is...

PEER PRESSURE Task Cards



Your friends want you to break a school rule, so you won't seem "boring." What is one healthy choice you could make?

1



PEER PRESSURE Task Cards



A group chat dares you to post something mean about another student. What should you do?

2



PEER PRESSURE Task Cards



Your friends pressure you to copy homework because they forgot to do theirs. How can you respond?

3

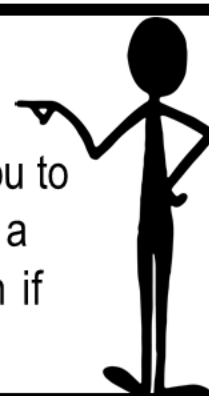


PEER PRESSURE Task Cards



A classmate encourages you to lie to a teacher to protect a friend. What might happen if you give in?

4



PEER PRESSURE Task Cards



A friend pressures you to skip class to hang out. What are two possible consequences of that choice?

5



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?

6



PEER PRESSURE Task Cards



7 Your group wants to exclude someone, so they don't seem "awkward." What could you say or do instead?



PEER PRESSURE Task Cards



8 Friends pressure you to join in teasing someone, so you won't be left out. How can you stand up for yourself?



PEER PRESSURE Task Cards



9 What is peer pressure, and why can it be hard to handle?



PEER PRESSURE Task Cards



10 What are two signs that peer pressure might be happening?



PEER PRESSURE Task Cards



11 How can thinking about consequences help you deal with peer pressure?



PEER PRESSURE Task Cards



12 Why is it important to choose friends who respect your choices?



PEER PRESSURE Task Cards



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



13

PEER PRESSURE Task Cards



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

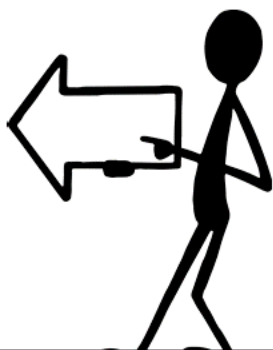


14

PEER PRESSURE Task Cards



When is it important to ask an adult for help with peer pressure?



15

PEER PRESSURE Task Cards



What advice would you give a friend who is struggling with peer pressure?



16

TASK CARD

Responses

Name: _____

Date: _____ Per: _____

Write your answers to the task cards in the box matching the number on the card.

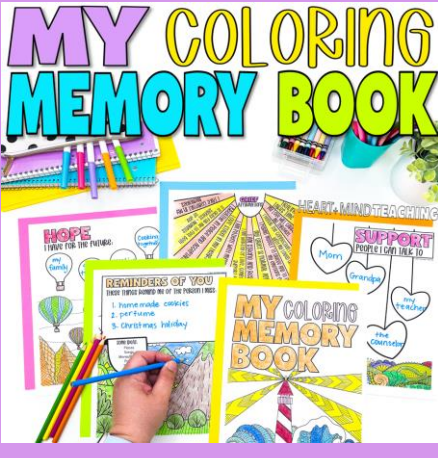
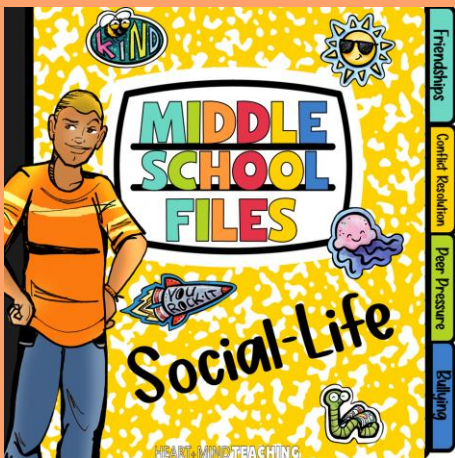
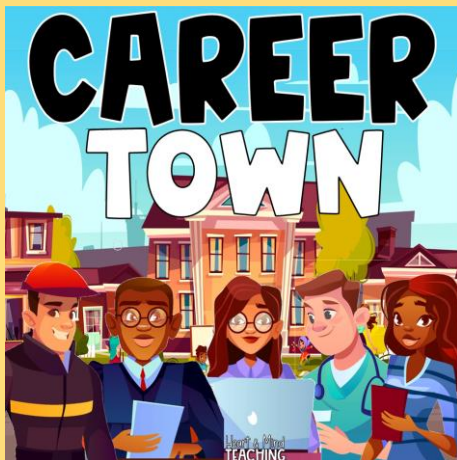
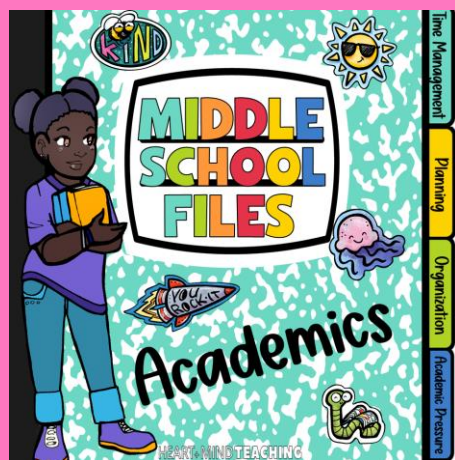
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