

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-LS 1: Critical thinking skills to make informed decisions
- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Demonstrate self-discipline and self-control
- B-SMS 9: Personal safety skills
- B-SS 5: Ethical decision-making and social responsibility
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to teach.

RECOMMENDED SEQUENCE:

1. Review the PowerPoint or digital for Google Slides presentation.
2. Divide students into small groups of 3-4. Place 2 scenario half-sheet cards and a few discussion cards at different stations throughout the classroom. Assign each group to a station. Ask a volunteer to read the scenario aloud to the group. Then, students can talk through the 3 discussion questions on the scenario card. Next, students can work on the other scenario card at their station. Then, students can talk through the discussion cards at their station. Once students are done, they can rotate to the next station and work on the scenario and discussion cards at that station.
3. Once students have rotated around a sufficient number of times, you can ask each group to choose one half-sheet scenario to share with the class and discuss their findings, thoughts, comments, etc. Generate a whole-class discussion. Feel free to use any particularly thought-provoking discussion cards to generate a whole-class discussion, too!
4. 4 different options for worksheets are included to close the lesson. Please choose those that best match the needs and abilities of your students.

PRESENTATION:

Both a PowerPoint and digital for Google Slides version of the presentation are included. This presentation teaches students all about peer pressure. It defines peer pressure, normalizes peer pressure, explains the difference between positive and negative peer pressure, and teaches 7 tips for coping with peer pressure.

POSTERS:

3 instructional posters about peer pressure are included. Feel free to use these for review and display them in your space!

SCENARIOS:

10 half-sheet scenario cards are included in full color and black/white. They introduce students to a character, describe a situation in which he/she is being peer pressured,

DIRECTIONS PAGE 2:

and provide 3 discussion questions. Please cut them out. These are great for getting students talking about peer pressure in small groups!

DISCUSSION QUESTIONS:

24 discussion question cards are included in full color and black/white. Please cut them out. These are great for getting students talking about peer pressure in small groups!

WORKSHEETS:

4 different options for worksheets are included to close the lesson in full color and black/white. Please choose those that best fit the needs and abilities of your students.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

PS I SO appreciate when you **please take a moment to leave a review** on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! ☺

POSTERS

WHAT IS PEER PRESSURE?

Peer pressure is when people your age try to influence how you think, act, or choose so you'll fit in with them.

It can be direct, like someone saying...

JUST DO IT!

Or indirect...

LIKE FEELING THE NEED TO ACT A CERTAIN WAY TO BE ACCEPTED.

EVERYONE FEELS PEER PRESSURE

at some point in their lives!

We are naturally wired for connection and acceptance. We notice what others are doing and wonder if we should do the same.



POSITIVE PEER PRESSURE

Friends influence you in ways that help you:

- **MAKE GOOD CHOICES**
- **GROW AS A PERSON**
- **BUILD CONFIDENCE**
- **STAY OUT OF TROUBLE**



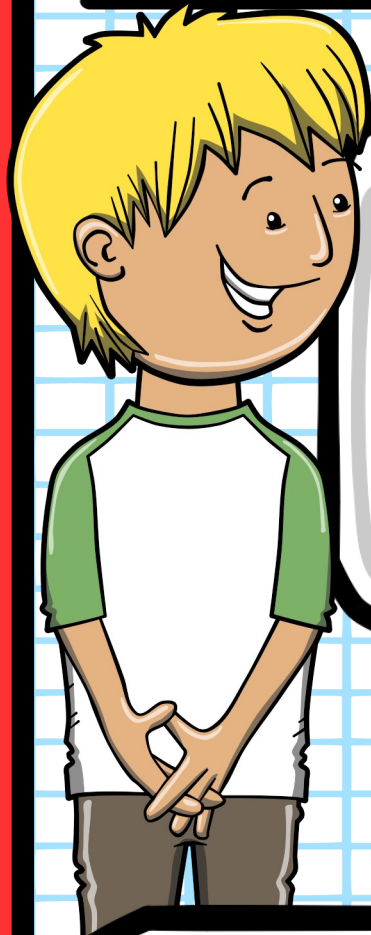
NEGATIVE PEER PRESSURE

Friends influence you in ways that:

- **FEEL UNCOMFORTABLE**
- **ARE UNSAFE**
- **FEEL MORALLY WRONG**
- **GET YOU IN TROUBLE**



PEER PRESSURE TIPS



- Trust your **instincts**
- You always have a **choice!**
- Choose your **friends wisely**

- Use **simple responses**
- **Talk** to someone you trust
- Have a **plan**
- **Walk away**



SCENARIOS

PEER PRESSURE SCENARIO #1: *Meet Zara Thompson*



SCENARIO:

Zara is sitting with her friends at lunch when they start talking about a girl in their class. One of her friends pulls out her phone and shows a picture of the girl, then says they should post it online with a mean caption as a joke. Everyone starts laughing and adding ideas, and one friend turns to Zara and says, "Come on, you're funny, you should write it." Zara feels uncomfortable because she knows it could hurt the girl's feelings, but she also doesn't want to seem boring or get left out. All eyes are on her, waiting for her to join in.

DISCUSSION:

1. What might Zara be feeling in this situation, and why?
2. What are some choices that Zara could make, and what might happen with each choice?
3. If you were Zara, what would you do and why?

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PEER PRESSURE SCENARIO #2: *Meet Yarra Mohammed*



SCENARIO:

Yarra is hanging out with a group of friends after school when they start daring each other to sneak into a restricted area behind the gym. The sign says, "No Trespassing." One friend laughs and says, "It's not a big deal, everyone does it," while another adds, "Don't be scared, Yarra, just come with us." The group starts moving toward the area and keeps looking back at her, waiting for her to follow. Yarra feels nervous because she knows they could get in trouble, but she also doesn't want her friends to think she's afraid.

DISCUSSION:

1. What thoughts and feelings might Yarra be having in this moment?
2. What are some different choices Yarra could make, and what might happen with each one?
3. How can Yarra handle the situation in a way that respects herself and keeps her safe?

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PEER PRESSURE SCENARIO #3: *Meet Sasha Juarez*



SCENARIO:

Sasha is working on a group project in class when one of her friends suggests they just copy answers from another group to finish faster. Another student says, "It's not a big deal, the teacher won't notice," and looks at Sasha, waiting for her to agree. The group starts leaning toward doing it and tells Sasha to help so they can all be done sooner. Sasha feels uncomfortable because she knows it's not the right thing to do. But, she also doesn't want to let her group down or seem difficult.

DISCUSSION:

1. What might Sasha be thinking and feeling in this situation?
2. What are some different choices that Sasha could make, and what might happen with each one?
3. How could Sasha handle this in a way that is honest and still works with her group?

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PEER PRESSURE SCENARIO #4: *Meet Penny Ming*



SCENARIO:

Penny is hanging out with her friends after school when they start talking about a classmate they don't like. One friend suggests creating a group chat without that person and making fun of them by sharing screenshots and jokes. The others laugh and quickly start adding messages, then turn to Penny and say, "You should text something too, you're good at this." Penny feels uncomfortable because she knows it could hurt the classmate's feelings. But, she also worries that if she doesn't join in, her friends might leave her out or think she's not fun.

DISCUSSION:

1. What might Penny be thinking and feeling in this situation?
2. What are some choices that Penny could make, and what might happen with each one?
3. How could Penny respond in a way that shows kindness and stays true to herself?

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PEER PRESSURE SCENARIO #5: *Meet Tia Landing*



SCENARIO:

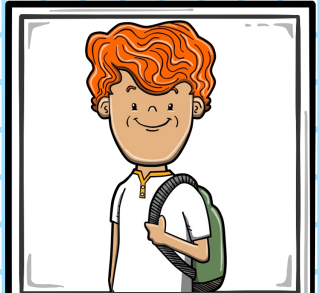
Tia is at a sleepover with a group of girls when one of them sneaks in a bottle of alcohol. A few girls start laughing and daring each other to take a sip, saying things like, "It's just for fun" and "Don't be the only one who doesn't do it." When it gets to Tia, they hand it to her and wait, watching closely. Tia feels uncomfortable because she knows it could get her in trouble and she doesn't feel right about it. But, she also doesn't want to feel left out or be judged by her friends.

DISCUSSION:

1. What might Tia be thinking and feeling in this situation?
2. What are some choices that Tia could make, and what might happen with each one?
3. How could Tia respond in a way that keeps her safe and shows confidence?

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PEER PRESSURE SCENARIO #6: *Meet Everett Weiss*



SCENARIO:

Everett is at a friend's house after school when a few kids gather in the backyard and one of them pulls out a vape. They start passing it around, laughing and acting like it's no big deal. When it gets to Everett, someone says, "Come on, just try it once," while another adds, "Everyone does it, you won't get in trouble." A couple of them watch him closely, waiting for his reaction. Everett feels uncomfortable because he knows it's not a good choice. But, he also doesn't want to seem uncool or be left out by his friends.

DISCUSSION:

1. What might Everett be thinking and feeling in this moment?
2. What are some choices that Everett could make, and what might happen with each one?
3. How could Everett say no in a way that shows confidence and keeps him safe?

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PEER PRESSURE SCENARIO #7:

Meet Van Harold



SCENARIO:

Van is playing an online game with a group of friends when one of them starts making fun of another player in the chat. The jokes quickly turn mean, and someone says, "Van, you should say something too, make it even better." The group is laughing and sending messages quickly, and Van feels the pressure to join in so he doesn't seem like the odd one out. At the same time, he knows the comments are hurtful and not something he would usually say.

DISCUSSION:

1. What might Van be thinking and feeling while this is happening online?
2. What are some different ways that Van could respond, and what might happen with each choice?
3. How can Van handle this situation in a way that shows respect for others and stays true to himself?

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PEER PRESSURE SCENARIO #8:

Meet Charlie Cane



SCENARIO:

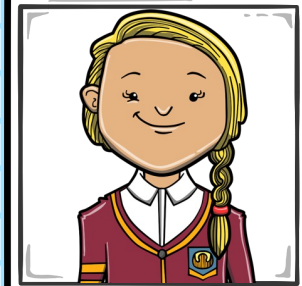
Charlie is walking home with a group of friends when they pass a small store. One of them suggests grabbing snacks without paying as a joke. Another friend laughs and says, "Come on, it's easy, no one will notice," and then looks at Charlie and adds, "You should go first." The group starts daring him and watching closely to see what he'll do. Charlie feels uneasy because he knows it is stealing and could get him in trouble. But he also doesn't want his friends to think he's scared or refuse to include him next time.

DISCUSSION:

1. What might Charlie be thinking and feeling in this situation?
2. What are some choices that Charlie could make, and what might happen with each one?
3. How could Charlie respond in a way that keeps him out of trouble and shows confidence?

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PEER PRESSURE SCENARIO #9: *Meet Ellie Watson*



SCENARIO:

Ellie is sitting with her friends during class when they start texting each other answers for a quiz they were supposed to do on their own. One friend whispers, "I'll send you mine, just use it," while another says, "Everyone's doing it, it's fine." They look at Ellie and expect her to join in. Ellie feels torn because she wants to do well and stay part of the group. But, she also knows it's cheating and not something she feels good about.

DISCUSSION:

1. What might Ellie be thinking and feeling in this situation?
2. What are some choices that Ellie could make, and what might happen with each one?
3. How could Ellie respond in a way that is honest and still respects herself?

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PEER PRESSURE SCENARIO #10: *Meet Will Gibbs*



SCENARIO:

Will is in the locker room after gym class when a few boys start joking around and tossing a ball near the lockers. One of them dares Will to throw the ball harder and hit a locker on purpose to make a loud noise. Another says, "Come on, do it, it'll be funny," while others laugh and watch him. Will knows he could get in trouble or damage something, but everyone is looking at him, waiting to see what he'll do. Will doesn't want to seem like he can't take a joke.

DISCUSSION:

1. What might Will be thinking and feeling in this situation?
2. What are some choices Will could make, and what might happen with each one?
3. How could Will respond in a way that shows confidence and keeps him out of trouble?

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SCENARIO:

Zara is sitting with her friends at lunch when they start talking about a girl in their class. One of her friends pulls out her phone and shows a picture of the girl, then says they should post it online with a mean caption as a joke. Everyone starts laughing and adding ideas, and one friend turns to Zara and says, "Come on, you're funny, you should write it." Zara feels uncomfortable because she knows it could hurt the girl's feelings, but she also doesn't want to seem boring or get left out. All eyes are on her, waiting for her to join in.

DISCUSSION:

1. What might Zara be feeling in this situation, and why?
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Yarra is hanging out with a group of friends after school when they start daring each other to sneak into a restricted area behind the gym. The sign says, "No Trespassing." One friend laughs and says, "It's not a big deal, everyone does it," while another adds, "Don't be scared, Yarra, just come with us." The group starts moving toward the area and keeps looking back at her, waiting for her to follow. Yarra feels nervous because she knows they could get in trouble, but she also doesn't want her friends to think she's afraid.

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1. What thoughts and feelings might Yarra be having in this moment?
2. What are some different choices that Yarra could make, and what might happen with each one?
3. How can Yarra handle the situation in a way that respects herself and keeps her safe?

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DISCUSSION:

1. What might Everett be thinking and feeling in this moment?
2. What are some choices that Everett could make, and what might happen with each one?
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DISCUSSION:

1. What might Van be thinking and feeling while this is happening online?
2. What are some different ways Van could respond, and what might happen with each choice?
3. How can Van handle this situation in a way that shows respect for others and stays true to himself?

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PEER PRESSURE SCENARIO #8: Meet Charlie Cane



SCENARIO:

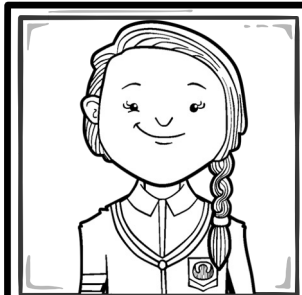
Charlie is walking home with a group of friends when they pass a small store. One of them suggests grabbing snacks without paying as a joke. Another friend laughs and says, "Come on, it's easy, no one will notice," and then looks at Charlie and adds, "You should go first." The group starts daring him and watching closely to see what he'll do. Charlie feels uneasy because he knows it is stealing and could get him in trouble. But he also doesn't want his friends to think he's scared or refuse to include him next time.

DISCUSSION:

1. What might Charlie be thinking and feeling in this situation?
2. What are some choices that Charlie could make, and what might happen with each one?
3. How could Charlie respond in a way that keeps him out of trouble and shows confidence?

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PEER PRESSURE SCENARIO #9: Meet Ellie Watson



SCENARIO:

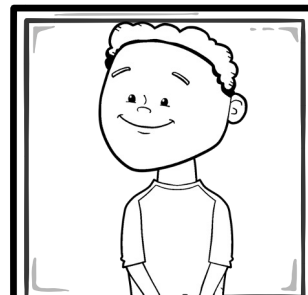
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DISCUSSION:

1. What might Ellie be thinking and feeling in this situation?
2. What are some choices that Ellie could make, and what might happen with each one?
3. How could Ellie respond in a way that is honest and still respects herself?

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SCENARIO:

Will is in the locker room after gym class when a few boys start joking around and tossing a ball near the lockers. One of them dares Will to throw the ball harder and hit a locker on purpose to make a loud noise. Another says, "Come on, do it, it'll be funny," while others laugh and watch him. Will knows he could get in trouble or damage something, but everyone is looking at him, waiting to see what he will do. Will doesn't want to seem like he can't take a joke.

DISCUSSION:

1. What might Will be thinking and feeling in this situation?
2. What are some choices Will could make, and what might happen with each one?
3. How could Will respond in a way that shows confidence and keeps him out of trouble?

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DISCUSSION QUESTIONS

PEER PRESSURE chat



What does peer pressure mean to you?

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PEER PRESSURE chat



Can peer pressure ever be a good thing? Explain.

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PEER PRESSURE chat



Why do people sometimes go along with the group even if they don't want to?

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PEER PRESSURE chat



What are signs that someone is being pressured by others?

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PEER PRESSURE chat



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

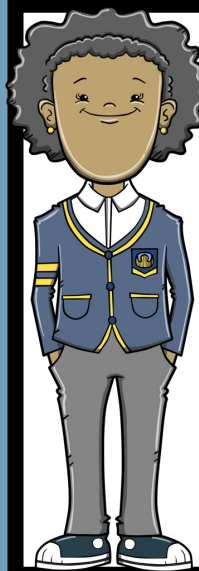
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PEER PRESSURE chat



Have you ever felt pressured to do something? What happened?

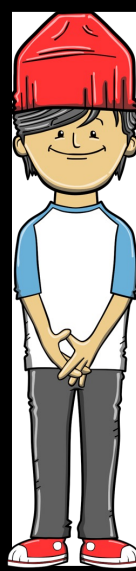
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PEER PRESSURE chat

Why can it be hard to say, "no" to friends?

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PEER PRESSURE chat

What are some simple ways to say, "no" to peer pressure?

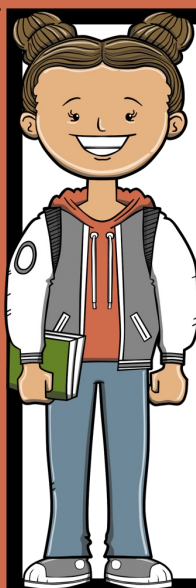
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PEER PRESSURE chat

What should you do if someone keeps pressuring you even after you say, "no"?

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PEER PRESSURE chat

How can good friends support each other in making smart choices?

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PEER PRESSURE chat

What are some examples of negative peer pressure you might see at school?

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PEER PRESSURE chat

What are some examples of positive peer pressure?

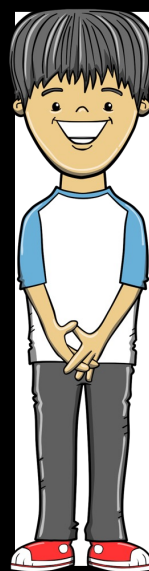
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PEER PRESSURE chat

**How can
social media
create peer
pressure?**

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PEER PRESSURE chat

**What should you
do if you see
someone else
being pressured?**

© Music City Counselor



PEER PRESSURE chat

**Why is it
important to
trust your
instincts?**

© Music City Counselor



PEER PRESSURE chat

**What does it feel
like when
something is not
a good choice for
you?**

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PEER PRESSURE chat

**How can
planning ahead
help you handle
peer pressure?**

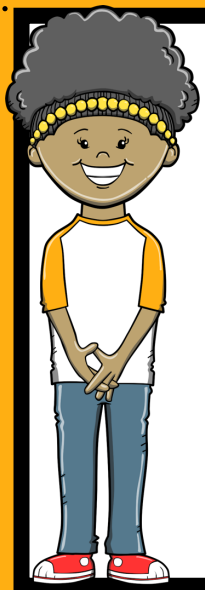
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PEER PRESSURE chat

**Who are people
you can talk to
if you feel
pressured?**

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PEER PRESSURE chat

**What makes
someone a
good friend?**

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PEER PRESSURE chat

**What are red
flags that a
friendship might
not be healthy?**

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PEER PRESSURE chat

**Why can walking
away from a
situation be a
smart choice?**

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PEER PRESSURE chat

**Why is it
important to
make your own
decisions?**

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PEER PRESSURE chat

**What does it
mean to stay
true to
yourself?**

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PEER PRESSURE chat

**What would you
say to a friend
who is feeling
pressured to do
something wrong?**

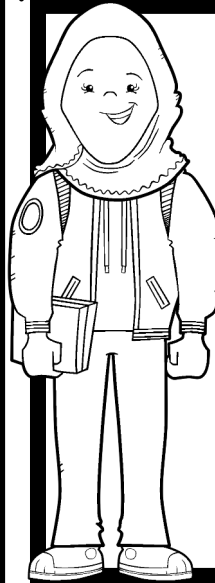
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PEER PRESSURE chat

What does peer pressure mean to you?

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PEER PRESSURE chat

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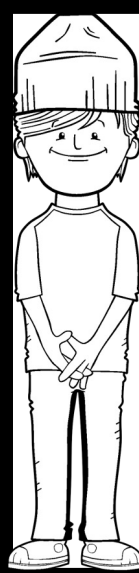
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PEER PRESSURE *chat*

Why can it be hard to say, "no" to friends?

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PEER PRESSURE *chat*

What are some simple ways to say, "no" to peer pressure?

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PEER PRESSURE *chat*

What should you do if someone keeps pressuring you after you say, "no?"

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PEER PRESSURE *chat*

How can good friends support each other in making smart choices?

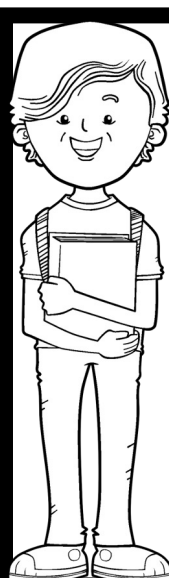
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PEER PRESSURE *chat*

What are some examples of negative peer pressure you might see at school?

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PEER PRESSURE *chat*

What are some examples of positive peer pressure?

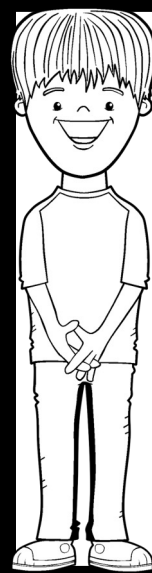
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PEER PRESSURE chat

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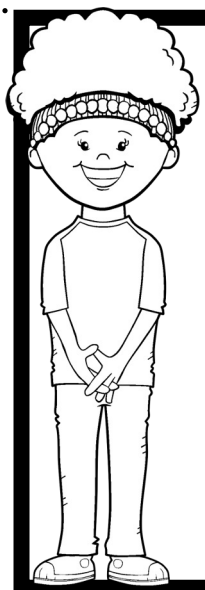
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if you feel
pressured?**

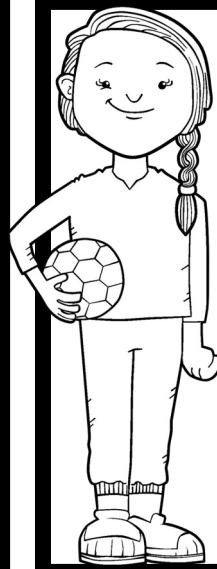
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PEER PRESSURE *chat*

**What makes
someone a
good friend?**

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PEER PRESSURE *chat*

**What are red
flags that a
friendship might
not be healthy?**

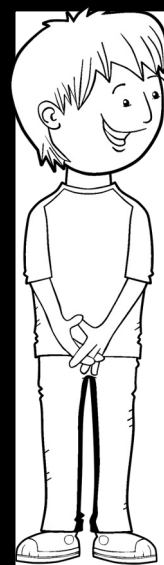
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PEER PRESSURE *chat*

**Why can walking
away from a
situation be a
smart choice?**

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PEER PRESSURE *chat*

**Why is it
important to
make your own
decisions?**

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PEER PRESSURE *chat*

**What does it
mean to stay
true to
yourself?**

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PEER PRESSURE *chat*

**What would you
say to a friend
who is feeling
pressured to do
something wrong?**

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WORKSHEETS

Name: _____

Coping with PEER PRESSURE

1. What does peer pressure mean to you?

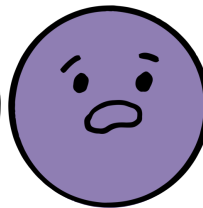
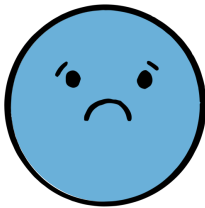
2. Circle how peer pressure makes you feel.

SCARED FRUSTRATED WORRIED

SAD

ANGRY

CONFUSED CONFIDENT



3. Give an example of positive peer pressure and an example of negative peer pressure.

Positive PRESSURE:

Negative PRESSURE:

4. Write 3 simple ways that you can say, "no" to peer pressure.

5. Share about a time when you felt peer pressured.



Name: _____

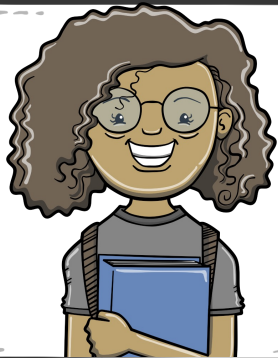
PEER PRESSURE scenarios

Read the scenario. Then, write what you would say and do in this situation.



TOMÁS

Tomás is hanging out with friends after school when they dare him to throw a rock at a car.



KEISHA

Keisha's friends pressure her to join in making fun of another student online.



LAUREN

Lauren is at a sleepover when they pass her a vape and urge her to try it.

Name: _____

PEER PRESSURE scenarios

Read the scenario. Then, write what you would say and do in this situation.



ELSA

Elsa is at a friend's house when someone offers her alcohol. The group urges her to take a sip.



JOHNNY

Johnny's classmate pressured him to cheat on a quiz by sharing answers.



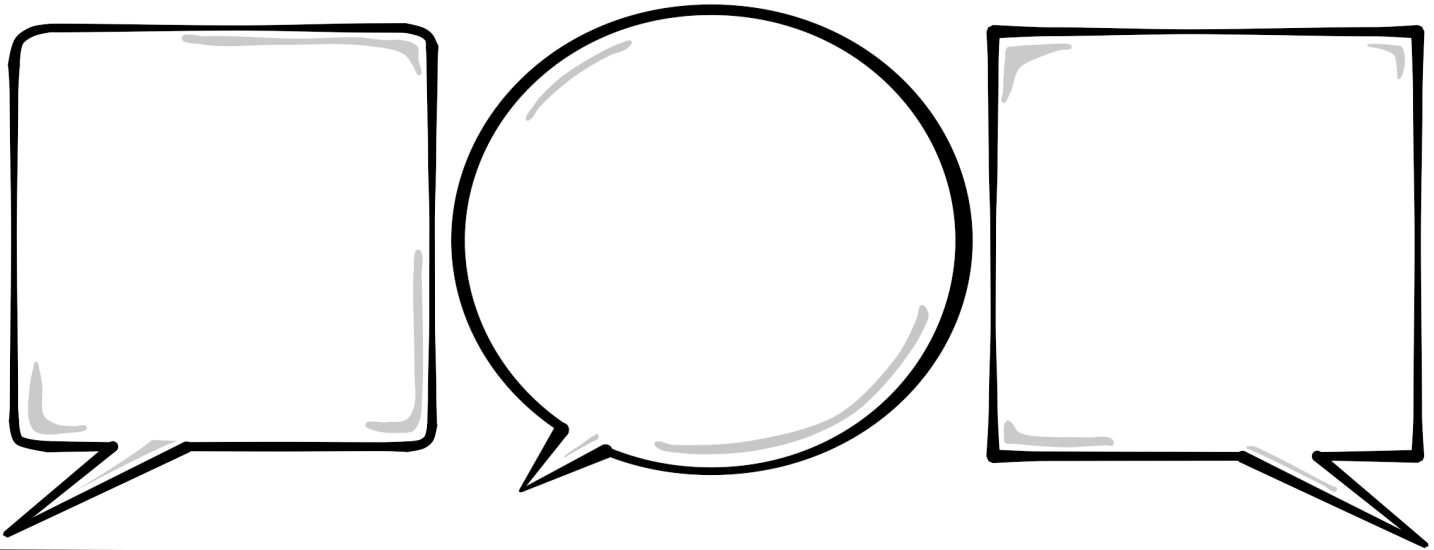
MAYA

Maya's best friend is pressuring her to skip class with her.

Name: _____

Positive PEER PRESSURE

Write 3 examples of positive peer pressure in the bubbles below.

Three empty speech bubbles are provided for writing. The first and third are rectangular with a small tail at the bottom left, and the middle one is circular with a small tail at the bottom left.

Negative PEER PRESSURE

Write 3 examples of negative peer pressure in the bubbles below.

Three empty speech bubbles are provided for writing. The first and third are rectangular with a small tail at the bottom left, and the middle one is circular with a small tail at the bottom left.

Name: _____

Coping with PEER PRESSURE

1. What does peer pressure mean to you?

2. Circle how peer pressure makes you feel.

SCARED FRUSTRATED WORRIED

SAD

ANGRY

CONFUSED CONFIDENT



3. Give an example of positive peer pressure and an example of negative peer pressure.

Positive PRESSURE:

Negative PRESSURE:

4. Write 3 simple ways that you can say, "no" to peer pressure.

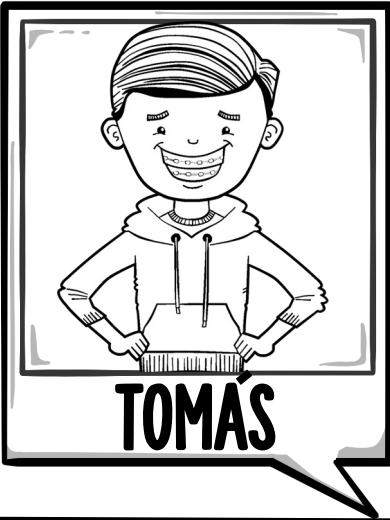
5. Share about a time when you felt peer pressured.



Name: _____

PEER PRESSURE scenarios

Read the scenario. Then, write what you would say and do in this situation.



Tomás is hanging out with friends after school when they dare him to throw a rock at a car.



Keisha's friends pressure her to join in making fun of another student online.



Lauren is at a sleepover when they pass her a vape and urge her to try it.

Name: _____

PEER PRESSURE scenarios

Read the scenario. Then, write what you would say and do in this situation.



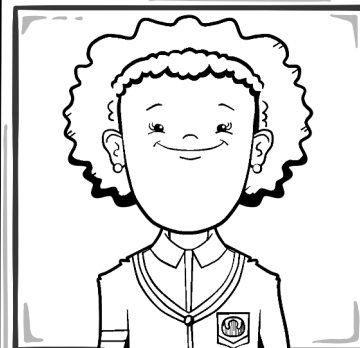
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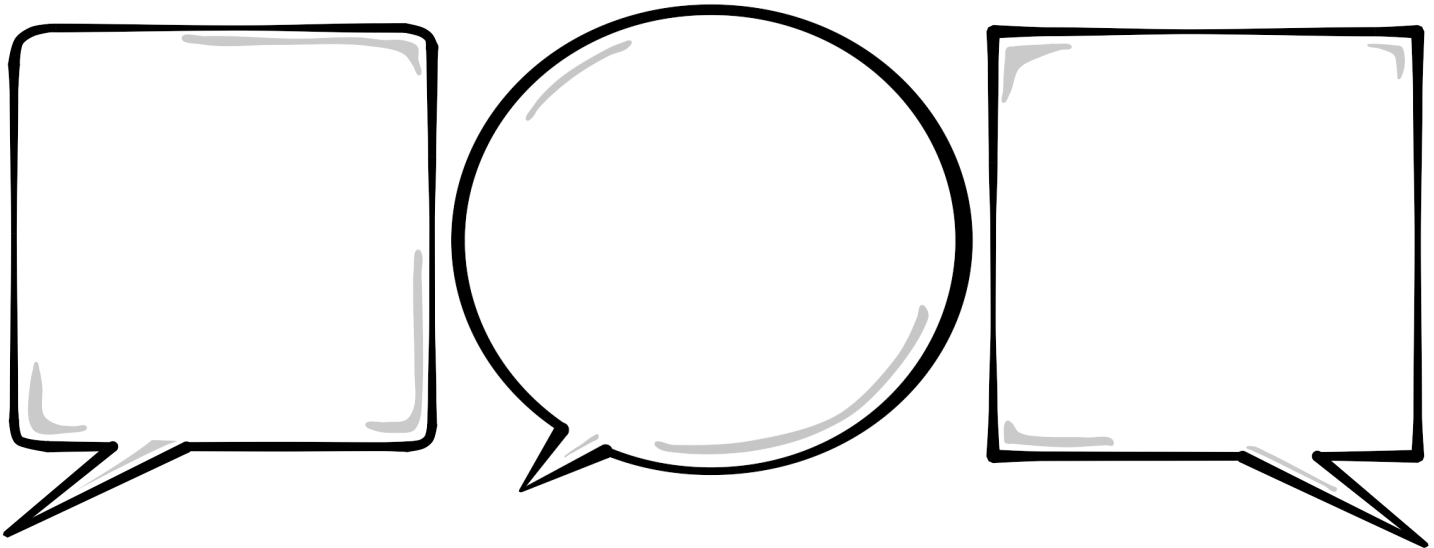
MAYA

Maya's best friend is pressuring her to skip class with her.

Name: _____

Positive PEER PRESSURE

Write 3 examples of positive peer pressure in the bubbles below.

Three empty speech bubbles are arranged horizontally. The left and right bubbles are rectangular with a small tail pointing down and to the left. The middle bubble is circular with a small tail pointing down and to the left.

Negative PEER PRESSURE

Write 3 examples of negative peer pressure in the bubbles below.

Three empty speech bubbles are arranged horizontally. The left and right bubbles are rectangular with a small tail pointing down and to the left. The middle bubble is circular with a small tail pointing down and to the left.

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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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