

6.ICR.3.1 - Identify the challenges associated with the transitions in social relationships that take place during puberty and adolescence.

Peer Pressure



The influence exerted by a peer group encouraging a person to change his or her attitudes, values, or behavior in order to conform to group norms.

How does peer pressure feel?



Positive? or
Negative?



Both!

What is an example of
positive peer
pressure?

What is an example of
negative peer
pressure?

Three Models of Assertive Refusal

- Say “no” firmly and keep repeating it.
- Take the offensive. Let the person know how the continued pressure makes you feel.
- Refuse to discuss the matter any further. Leave.



Why is it difficult to resist negative peer pressure?



How does it feel when
we are successful?



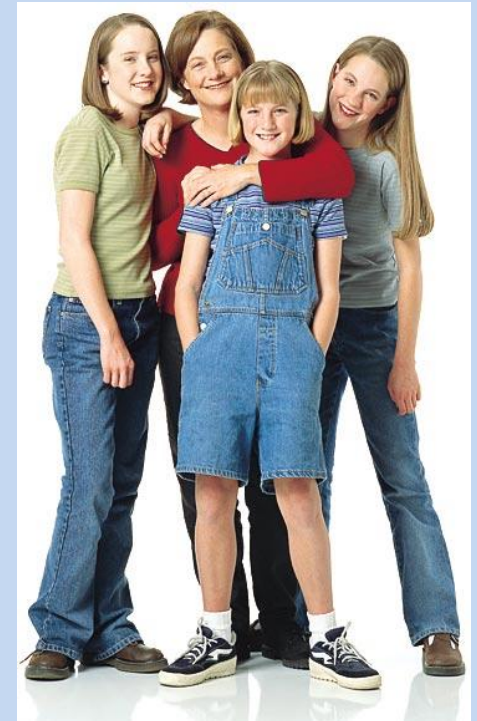
Independent Practice:

Distribute copies of Peer Pressure: Then and Now (Appendix 4). Have students ask parents (or other adults) to tell them about a time when they gave into peer pressure. Be sure to allow time during the next class period for students to share the responses they received.

Peer Pressure: Then and Now

Ask a parent or important adult in your life the following questions.
Briefly write their answers.

1. Do you remember a time when you gave into peer pressure as a teenager? How did you feel after you gave in?
2. If you had that situation to do over again, what would you say or do differently?
3. Do you ever feel peer pressure as an adult?
4. How do you, as an adult, handle peer pressure?



Closure:

Remember that peer pressure is something that we will have to deal with all our lives. Challenge yourself to be a positive influence on your classmates today.