



The Seven Project is a multimedia, speaker-driven school assembly. The Seven Project Assemblies entertain and captivate audiences all across the United States. Seven addresses real-life issues and situations students face every day. The Seven Project Discussion Guides culminate the Seven Project experience by creating intensified discussions about student life.

The activities and discussions in these guides are designed for use in single classroom settings or as entire school or community-wide campaigns. The Seven Project offers these guides as tools for use at the discretion of local school educators and administrators in part or entirety. The Seven Project and your school: *building students' hope...one issue at a time.*

PEER PRESSURE

For Grades 6-12. Students will gain the understanding that peer pressure is very powerful and subtle. They will begin to be able to identify positive and negative influences.

Objectives:

- Understand the influence that students have over other students
- Understand the realities of peer pressure
- Realize peer pressure can be utilized positively to enhance themselves and others

Materials Needed:

- Copies of *Overcoming Peer Pressure*

Discussion:

- 1) What issues/messages from The Seven Project School Assembly stood out to you the most? Why?
 - *Transition: *"In our classroom time today, (principal's name) and I felt it was important that we follow-up on one of the topics: peer pressure, since this is something we deal with at our school."*
- 2) What is your definition of "peer pressure?"
- 3) Is peer pressure a big issue in our school and in your life?
- 4) What are some general pressures students face? What are some behaviors into which students are pressured by peers?
- 5) Do you ever feel pressure to make fun of someone else or be mean to someone because of your friends?
- 6) Peer pressure can be positive or negative. Who are some "positive" people who may pressure you? What are some messages they "pressure" you with?
- 7) Who are the people you most want to impress or be like? Why?
- 8) What are some typical arguments peers use to pressure others? What are some responses to each one?
- 9) How recently did you consciously experience peer pressure? What did you do?
- 10) Think about a situation in which you caved to negative pressure. What warning signs did you ignore? What happened?
- 11) Negative pressure often makes us feel regret. What does regret feel like? What does it do to you?
- 12) We all want to be a real person, not someone who lives one way to please their friends and acts like someone completely different at home. What are some keys to being a "real" person consistently?
 - *Close with *Overcoming Peer Pressure*.

**Extensions and Adaptations:**

Have students write responses they can use when in situations they feel pressured. Develop a theme like, "Live Differently," or involve the school mascot, "Raider Pride." List the theme and condense the list of overcoming peer pressure responses and list them on a t-shirt students can wear to remember ways to live, think and react.

Have a school-wide competition by grade or by classes to create the theme and t-shirt for the above extension idea. A school-wide rally would be held to present the winning class or grade and reward them with a party to be held during class time as a reward.

Online Resources:

Alberta Alcohol and Drug Abuse Commission
www.aadac.com

Parenting Teenagers/Parents of Teens
www.parentingteens.about.com

Adolescent Crisis Team
www.adolescentcrisisteam.com

Relevant National Standards

McREL establishes the following National Standards at www.mcrel.org

Health

- Knows how to maintain mental and emotional health
- Knows how to maintain and promote personal health

Thinking and Reasoning

- Understands and applies basic principles of logic and reasoning
- Applies basic trouble-shooting and problem-solving techniques
- Applies decision making techniques

Life Skills

- Working with others: Contributes to the overall effort of a group
- Working with others: Displays effective interpersonal communications skills

Language Arts – Listening and Speaking

- Demonstrates competence in speaking and listening as tools
- Students will use descriptive language that clarifies and enhances ideas



Overcoming Peer Pressure

Be available.

Let your friends know they can talk with you.

Be a listener.

Your friends need to pour out what is inside, without necessarily hearing advice.

Ask questions.

What do you do (or don't do) because of peer pressure?

Know your values and beliefs.

What do you think is right and wrong?

Know some tips.

- "Why do you drink this stuff?" "Why do you like having ashtray breath and yellow teeth?"
- Say NO like you mean it.
- Practice saying NO like you mean it.
- Get away from the "pressure zone."
- Find a friend who can get your back.
- Think about what could happen if you cave.
- Everyone is NOT doing it.

Take advantage.

Learn from the adults around you: parents, teachers, counselors, etc.

Dream.

Choose friends and activities that support your dreams and goals.

You might blow it.

If you do, identify where things went wrong and do things differently next time.

Lead.

And others will follow. Set the tone and standards.



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SUPPLEMENTAL CLASSROOM DISCUSSION

LIFE 24/7



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