

# Peer Influence Scenarios

## **Learning Outcome:**

- To consider ways to manage situations when people are encouraging you to do something you don't want to.

## **Equipment:**

- Peer Influence Scenario sheet
- (Could use the Resisting Peer Influence card)

## **Instructions:**

- Discuss together what you think peer influence is. (Influence from members of one's peer group – note 'influence', not 'force' or 'bullying'.)
- Look at the scenarios – what should the person do in each case? Try to be real in this, the world is often quite challenging and there is no point in making it sound easy to manage each scenario. Some people find stepping away and doing something else easy, but a lot of us do not!
- If you need ideas, why not refer to the Resisting Peer Influence card – would any of the suggestions be helpful in each scenario?
- (If you have the right environment, you could even encourage your young person/people to try acting out some of the scenarios and having a go at some of the strategies – for fun, it doesn't need to be serious!)
- Aim to have some ideas that your young person can use in real life, if they need it – ones that they would feel comfortable with. You will probably think of things not on our card – which is great!

**National Curriculum:** This can contribute to the 'Caring Friendships' and 'Respectful Relationships' for Primary age students, and 'Respectful Relationships including Friendships' for Secondary age students.



# Peer Influence Scenarios

What should these people do? If they decide not to join in, how can they avoid getting involved?

1.Sam is with two friends in a shop. One friend suggests they take some trainers.

2.Jack is at a party. Someone starts passing round a drug.

3.Jamie has been told to be in by midnight. Their friends want them to stay out later.

4.Reggie (age 14) is out at the cinema with friends. They told their parents they were going to see a 12A film. However, it is fully booked, so the friends suggest they see an 18 film instead.