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# Resisting Peer Pressure

## Learning Outcomes:

- To try different ways of resisting peer pressure.
- To learn that it's OK not to do what your friends are doing if you don't want to.

## Equipment:

- Resisting Peer Pressure Cards – Primary.

## Instructions:

- Start by talking about whether the child(ren) find it difficult or easy to stand up for themselves and to do what they think they should/want to do. Talk about how, when we find ourselves in this situation, we are dealing with peer pressure. Peer pressure is not people bullying us or *making* us do something we don't want to do, it's usually friends or people around us doing things that we don't want to do but we can't think of a way not to get involved.
- Together, think of an age-appropriate scenario where your child(ren) might want to find a way not to get involved. (e.g. picking on someone, taking something from a shop).
- Get the child(ren) to have a look through the cards of different ways to resist peer pressure and to choose one, without telling anyone else what it is.
- Then act out the scene and get the child to use the peer resistance method they chose.
- Everyone else can guess which method it was, and you can discuss whether they found it effective or not.
- It's fine for this all to be fun rather than heavy – but aim to get each (your) child at the end to identify one or two methods that they might find personally helpful.

**National Curriculum:** Primary: Pupils should know - how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. - the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. - the importance of permission-seeking and giving in relationships with friends, peers and adults.

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| <b>Laugh at the idea</b>             | <b>Walk away from them</b>                         |
| <b>Look really upset</b>             | <b>Say that you don't want to join in, quietly</b> |
| <b>Ignore what they are saying</b>   | <b>Say 'no' really loudly</b>                      |
| <b>Say 'no' in your normal voice</b> | <b>Talk about something else</b>                   |