



**YOUR CHOICE:
CHOOSE WISELY**

PEER PRESSURE



INTRODUCTION

Today, we will:

- * Reflect on the definition and examples of peer pressure in our lives
- * Consider the benefits of supporting friends and ourselves in the face of adversity



SEL CONNECTION



Today, we will practice **social awareness** by discussing examples and impacts of peer pressure and **self awareness** by reflecting on goals and ambitions that are important to us.





ICEBREAKER

WHAT'S NEXT



ICEBREAKER

➤➤➤ GET MOVING!

WHAT'S NEXT?

- 1) Sit in a circle.
- 2) Start with a random word.
- 3) Next person in line tries to connect the word – keep going until you can't!

EXAMPLE

- Word 1: Blue
- Word 2: Berry
- Word 3: Pie





LESSON

PART ONE

OVERCOMING DOUBT





OVERCOMING DOUBT

What does the phrase

PEER PRESSURE

mean to you?



LESSON: PART ONE



WATCH A VIDEO

OVERCOMING DOUBT

1) Watch [Ace Hood's video for "Overtime."](#)

2) Next, we will write about peer pressure from different perspectives.



LESSON: PART ONE



OVERCOMING DOUBT

In your assigned group, write a journal entry from the perspective of:

- Group 1: Aspiring rapper
- Group 2: Aspiring scholar
- Group 3: Woman athlete
- Group 4: Male athlete



Based on your group, what forms of judgment, hate or peer pressure might this person experience?

End your entry by talking about how this character should overcome peer pressure and judgment from others.





DEBRIEF / EXTENSION





PEER PRESSURE

- Is there something you want to achieve that seems out of reach based on what you imagine your friends think about you or the circumstances that you live in?
- What aspects of your fictional journal entry are words that you need to say to yourself or to a friend?
- What do you think it will take for you to create positive peer pressure with your advisory?
- What did you think it will take for you to create positive peer pressure in your community?

