

Peer Pressure
9th Grade Advisement Activity
Estimated time: 20-30 Minutes

Georgia's Teachers-As-Advisors Framework**Goal: 9-3.1 Develop habits that facilitate physical and mental health and wellness.**

a. Wellness/healthy lifestyle habits/development of individual sports or activities of interest.

Goal: 9-3.2 Develop positive, highly-developed interpersonal skills.**Competencies:**

b. Recognize the benefits of interacting with others in a way that is honest, fair, helpful, and respectful.

c. Identify positive social skills

d. Identify and demonstrate ways to respect and work cooperatively and collaboratively with others.

e. Describe and demonstrate effective conflict-management skills.

f. Recognize that one must accept responsibility for his/her behavior

Objectives: Students will recognize different ways of dealing with peer pressure that might occur at the high school level.**Materials:** "Role play" handout**Activity:**

1. *Say:* Welcome to advisement. I am glad to see you. I hope all is going well with you and your family. Let's get started with today's activity. Do any of you have any questions or need some assistance. I hope you are beginning to discover your way around and learning a little about your teachers. I really hope you are doing well in your classes. If you need help, remember you must ask someone for help--ME!!! I can help you. I also hope you are looking for some of the really fun things in which you can participate. Let me know if you need some suggestions. Today in advisement we are going to talk about peer pressure. *Ask:* What is peer pressure? *Entertain the student's description of peer pressure.* *Ask:* Is peer pressure always bad? No, some peers will pressure you to do good or what is right. Nevertheless, if it is good or bad, you should make up your own mind!
2. *Say:* Now I need you to count off by fours 1, 2, 3, 4. Place students (groups 1, 2, 3, 4) in different parts of the space.
3. *After students are in their place, hand out the role play situations.* *Say:* Each group will have about 5-6 minutes to decide what their solution would be to one of the situation and how they are going to act it out. (Role play the situation and how they would deal with it). *Assign groups one of the two situations*
4. *After 5-6 minutes allow students to present their role plays to the other groups.*
5. *Debrief: Ask,*
 - i. *Did any of you disagree with the solutions? If so, why?*
 - ii. *What values were identified in the solutions? Honesty, friendship, money, fairness, responsibility.*
 - iii. *Can any of you use these solutions if the situation arises?*
 - iv. *Are there other solutions?*

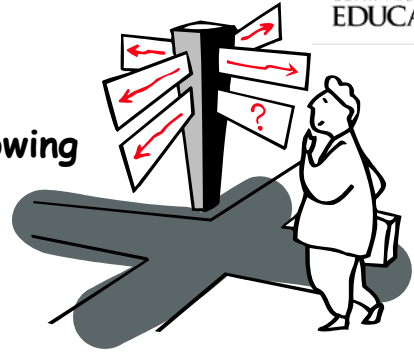
6. *Say:* It is important you make these types decisions based on your character and your values. Don't be influenced by others to do something that you feel is not right or fair. See you next time. Have a great day and Happy Holiday.

Adapted from the Floyd County Teachers as Advisors Lesson Plans, taken from the Group Exercises for Enhancing Social Skills and Self-Esteem, Professional Resource Exchange, Inc

GAcollge411 can help you identify work environment values----things that are important to your work environment. Take the Work Value Sorter to discover these values. Record your answer in your GAcollge411 PORTFOLIO.

Role Play Situations

Each team has been assigned one of the following situations. Plan how you would handle this situation. Prepare a role play to demonstrate your strategy.



Situation # 1

Jessica is taking a final exam and has prepared for it by studying for several days. Her boyfriend, Collin, is sitting next to her. He whispers to her that he studied the wrong thing. He is sure Jessica will give him the answers.

Jessica's grade on this exam is very important to her. She needs a high grade in order to keep the scholarship to college she has been offered. If she loses the scholarship, then she cannot go to college. Collin will not graduate if he fails this class. The final exam counts a large portion of the final grade for the class.

Jessica know that if she doesn't help Collin, he will be very mad at her and probably will break up with her.

Situation # 2

Jacob borrows money from you all of the time. He also never pays it back. You are beginning to feel like your friend is not really your friend at all and is just using you. You have plenty of money so that is not the problem. Jacob also barrows money from other friends who can't afford not to the get the money back. What do you do?