

Date

Peer Pressure

1. CST = Solidarity
2. What is self esteem?
3. How we can boost self confidence?
4. Name a British Value.

CST – Solidarity

Solidarity is about supporting and standing with others.

- Peer groups can be **positive**, encouraging:
 - Kindness
 - Inclusion
 - Good decisions

Human Dignity



Common Good



Solidarity



Subsidiarity



DEMOCRACY



THE RULE OF LAW



MUTUAL RESPECT



INDIVIDUAL
LIBERTY



TOLERANCE
OF THOSE WITH DIFFERENT
FAITHS AND BELIEFS

Jeremiah 29:11

*“For I know the plans I have for you, declares the Lord, plans for **welfare** and not for evil, to give you a **future** and a **hope**.”*

Four facts (5 minutes)

Read each fact, then answer the question below.

Seizures, comas, burns, and even death occur when teens attempt online challenges.

Teenage drivers are three times more likely to crash than drivers over the age of 20.

50% of teenage deaths are caused by preventable accidents – compared to only 3% of adult deaths.

Drowning is a leading cause of accidental death among teenagers.

There are many reasons, but the main ones are to do with **peer pressure** and **teenage brain development**.

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Social influences (10 minutes)

List as many social influences as you can think of. **Use the images to help you.**



How might each of these factors influence someone? List at least **one reason** for each.

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What is peer pressure? (5 mins)

In your own words, write down a definition of 'peer pressure'.
You can use the key words to help you.

influence

positive

activities

behaviour

resist

temptation

adolescence

negative

values

fit in

friends

*Peer
pressure is
when...*

Jeremiah 29:11

*"For I know the plans I have for you, declares the Lord, plans for **welfare** and not for evil, to give you a **future** and a **hope**."*

Peer pressure: what's your opinion? (5 mins)

Using a ruler, draw and number five lines on your page like this:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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Peer pressure: what's your opinion?

Add symbols to create five opinion lines. **Disagree** on the left . **Agree** on the right .

1		
2		
3		
4		
5		

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Peer pressure: what's your opinion?

Now draw a circle somewhere on each line to show your opinion on each statement.

- 1   "Teenagers are risk takers." 
- 2  "Peer pressure is when you feel forced into doing something risky or unsafe." 
- 3  "Being influenced by peer pressure is part of human nature." 
- 4  "Teenagers care more about other teenagers' opinions than adults' opinions." 
- 5  "Confident people aren't affected by peer pressure." 

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Teenage brain development (5 mins)

In your teen years, the **social** and **reward** centres of your brain develop first.

- You become more aware of your social status, and the opinions of your peer group.
- You get a bigger hit of your reward chemical (dopamine) when you experience new things.

The **cognitive** centre of your brain develops later.

This part of your brain helps with:

- Assessing risks
- Controlling impulses
- Making decisions

Does this explain any “typical” teenage behaviour? If so, what?

If our social and reward centres didn’t develop, why would that be bad for humanity?

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Is all risk-taking bad? (5 mins)

List at least three **positive** risks teenagers could take.



List at least three **negative** risks teenagers should avoid.



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The influence of friends (5 mins)

You are more influenced by your peers when you're a teenager – but this influence can be positive or negative.

Choosing your friendship group wisely is actually the best way to manage peer pressure.

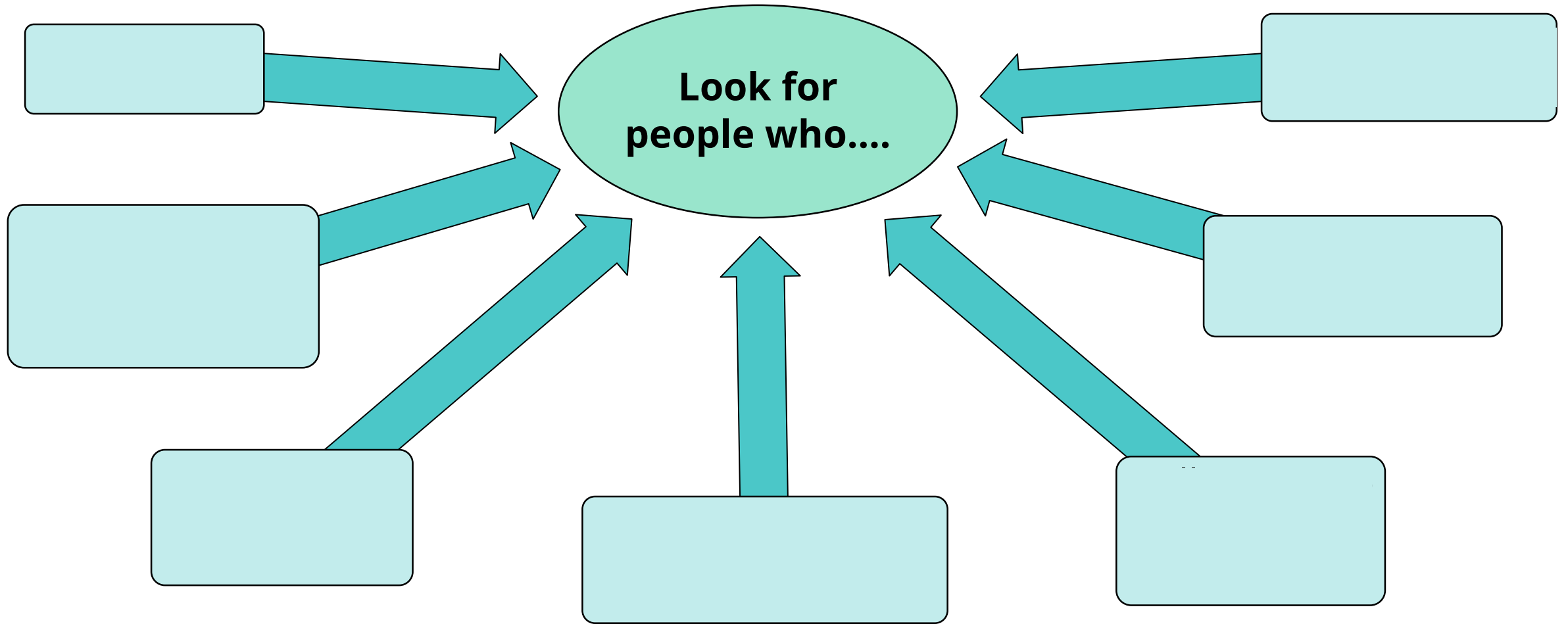
Name **three** things you should look for in a friendship group. Use this sentence starter:
Look for people who....



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The qualities of good friends (5 mins)

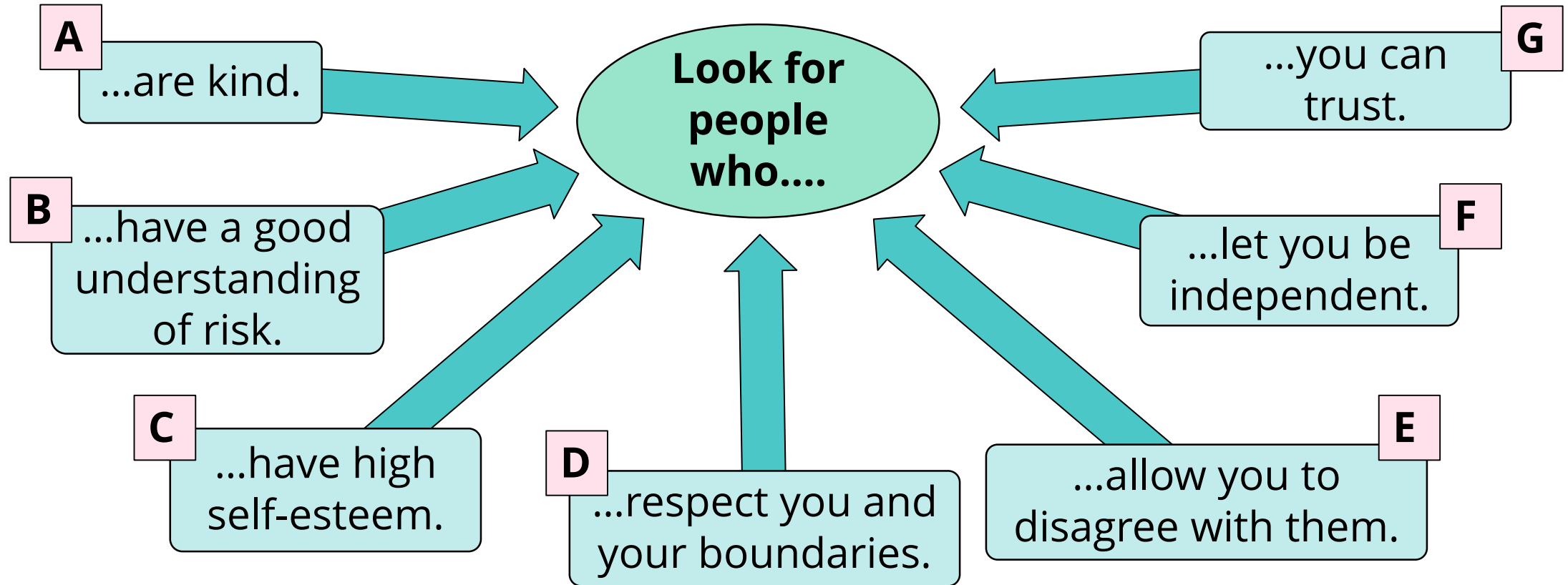


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The qualities of good friends

Which qualities are most important to you? **Rank** the qualities 1 – 7. **1 = most important**



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Resisting peer pressure (5 mins)

Write down the numbers of the **three** techniques you think would be most effective when trying to resist peer pressure.

Just say "no", confidently.

Look online for advice about peer pressure.

Leave the situation or avoid it altogether.

Plan in advance what you will say or do if you are pressured.

Report dangerous online challenges / block people who post them.

Remember your brain is making you care about this – then decide to ignore it.

Find friends who share your values.

Ask a trusted adult for support.

Blame your parents/carers
"Sorry, if my mum found out..."

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Peer pressure: has your opinion changed? (5 min)

Look back at your opinion lines.

Draw a triangle on each line to show your opinion on each statement now.

- 1   "Teenagers are risk takers."  
- 2  "Peer pressure is when you feel forced into doing something risky or unsafe."  
- 3   "Being influenced by peer pressure is part of human nature." 
- 4  "Teenagers care more about other teenagers' opinions than adults' opinions."  
- 5  "Confident people aren't affected by peer pressure."  

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What is peer pressure? Improve your definition (5 min)

Look back at your definition from earlier in the lesson.

Rewrite your definition using **at least three more** of the key words:

influence

positive

activities

*Peer
pressure is
when...*

behaviour

resist

temptation

adolescence

negative

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Organisations that help with peer pressure

Searching 'peer pressure' or 'bullying' in your internet browser will bring up helpful resources and guide you with the first step in finding support.

- **NSPCC** – (charity supporting children and young people) nspcc.org.uk
- **Childline** – (advice for children and young people) childline.org.uk
- **Mind** (mental health support) mind.org.uk
- **National Bullying Helpline** (support for adults or children who have been the victim of bullying) nationalbullyinghelpline.co.uk
- **Childhelp** (US based support for children and young people) - childhelpline.org
- **Childnet** (International charity supporting young people with a range of issues) childnet.com/young-people
- **Reach Out** (mental health support for young people in Australia) - au.reachout.com
- **Child Helpline International** - (support for children and young people around the world) childhelplineinternational.org

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SAFEGUARDING @ SARCHS

If you are worried, have any concerns or fears, you can always speak to any trusted member of staff in school.
This could be your form tutor, year leader or any other trusted adult.

Safeguarding Leads:

Mrs Juriansz, Mrs Rutter, Mrs Bleazard and Miss Sharp.

Reporting links can be found on the school website www.sarchs.com

Bullying



Wellbeing



Harassment



Online Activity



External Support



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