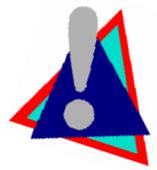


Peer Pressure



Teacher's Notes

The following worksheet has been developed to complement the activities carried out at the Lifeskills Centre. However, it can easily be adapted to suit a wider range of abilities.

Below are some examples of other possible activities:-

- Cut out each picture to create flash cards and use them to encourage a group discussion with the class.
- Ask the children to create their own quiz relating to the subject e.g. create crosswords, word-searches etc.
- Ask the children to write a short story or draw pictures/comic strips of each scenario.
- Encourage the children to think about their answers by getting them to act out the scenarios described in the activity.



Peer Pressure



Everyone feels under pressure at some point in their lives. You may feel pressure to “fit-in”, pressure to be like your friends, or even pressure to do well at school.

Look at the people on this page and write down what you think you'd say to them?



If you want to fit in you have to wear the right clothes. Just make your parents buy them for you!

1. _____

2. _____

Come on, building sites are fun to play on. No one takes any notice of the warning signs.



3. _____



Go on, have a beer. We're all doing it. Don't you want to be part of our gang?

4. _____

You'll look much cooler if you smoke. One cigarette isn't going to hurt you.



5. _____



It's only a chocolate bar. Nobody is going to care if you steal it.



Other ways to say **NO** and steer clear of trouble

If someone puts pressure on you, don't keep it to yourself – **TELL AN ADULT THAT YOU TRUST!**

Stay with friends you trust and stay with the group if you think there is danger. Remember - there is safety in numbers.

Stay away from places where you might meet people who will put pressure on you.

If you've already said no, be strong and don't let others change your mind.

If you don't want to do something be confident and say **NO**.

If people are hassling you, don't hang around – walk away.