



Welcomes you to

Peer Pressure

A program designed and presented by The Health Adventure staff with program development funded by **ABC Board** - our partner in health education.

Suggested Classroom Activities:

- 1) To discuss in class: How does advertising use the desire to “belong” and to be popular to sell products? Have students bring in examples from magazines, etc.
- 2) Ask students to submit scenarios for role-play.
- 3) Make copies of the attached sheet. Have students fill out on their own, then discuss either in small groups or as a class.

Program Objectives: With our teaching staff, the students will:

- ✓ Recognize that everyone is influenced by peers.
- ✓ Understand the difference between making their own decisions and letting others decide for them.
- ✓ Practice strategies in dealing with negative peer pressures.

Resources for further information:

From Peer Pressure to Peer Support, Shelley MacKay Freeman, Johnson Institute, Minneapolis, MN, 1989.

Peer Pressure Reversal, Sharon Scott, Human Resource Development Press, Amherst, MA, 1985.