

Learning Objectives: Have strategies to deal with peer pressure

Key Information

Peer pressure

When a person or a group of people, who are your peers, try to convince you to behave or act in a certain way.

Two types of peer pressure

1. Positive peer pressure

Positive peer pressure is when a peer, or a group of your peers, try to convince you to do the right thing or something good/ helpful.

2. Negative peer pressure

Negative peer pressure is when a peer, or a group of your peers, try to convince you to do the wrong thing or something bad/hurtful.



How does peer pressure happen/ start?

- Insults: making a person feel bad for not doing something, so they eventually will.
- Reasoning: giving lots of reasons why you should do something.
- Rejection: being left out if you don't do something.
- Unspoken pressure: simply seeing your friends wearing something or doing something that makes you want to join them.

Strategies to resist negative peer pressure

1. Take a moment to think about the consequences.
2. Be brave— stand up to those pressuring or daring you to do something different.
3. Explain why you do not want to do it or simply refuse.
4. If you are finding it hard to say no, it might be time to get help.
5. Speak to a trusted adult about what you were dared or pressured into doing and ask their advice.
6. Remind yourself that you never have to do anything that someone else has pressured you into doing.

Self- respect

Being able to hold yourself in esteem and believing that you are good and worthy of being treated well. Self - respect is important because you learn to become more resilient, others will respect you and because you deserve it. Remember to be positive about yourself, stand up for your beliefs and values and trust your judgement.

Key Vocabulary

Decisions - A conclusion or resolution reached after consideration

Feeling - Something that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing.

Influence - The power to have an important effect on someone or something. If someone influences someone else, they are changing a person or thing in an indirect but important way.

Pressure - The act of trying to make someone else do something positive/negative.

Respect - Admiration for someone or something based on their abilities, qualities or achievements.

Sensitivity - Being aware of how issues and the actions of others can emotionally affect ourselves and other people. This can also mean the amount to which we are affected.

Self-awareness - Being aware of how we are coming across. If we have high levels of self-awareness we are more able to control others' perceptions of us

What do I already know?

- Being a good friend
- Resolving conflict with friends
- What a good friend is
- How to keep friends
- How to lose friends

Consent

Read the Y3/4 Holly Park child friendly child on child abuse policy

Recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships