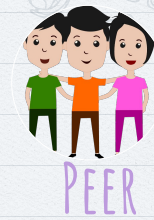


# BOTVIN LIFE SKILLS LESSON 7: SOCIAL SKILLS



Someone who is similar to you in age, grade, gender or other traits.

Write this definition on page 38

## PEER PRESSURE

Strong influences from people in a group to make the group members do something.

Write this definition on page 39

## PEER PRESSURE

### NEGATIVE

Most of us tend to think of negative consequences when we hear the term peer pressure.

- One friend may encourage another to skate on a busy road

### POSITIVE

→ Friends may remind each other to wear their protective pads and helmets.

But peer pressure can be negative or positive.

## MESSAGE CORRIDOR

We're going to play a game where you will experience what it feels like to hear positive and negative peer-pressure statements.

GET IN TWO LINES FACING EACH OTHER

I'll give you a scenario - one line will be positive peer pressure and one line will be negative peer pressure.





## AFTER THE GAME

- ✗ How did it feel to be a victim of peer pressure?
- ✗ Did you feel pressure to act in a certain way?
- ✗ Which was harder to listen to, the positive or the negative peer pressure?

It's hard to resist peer pressure. When our friends try to get us to do something, it's easy to be persuaded.

## WHEN DOES PEER PRESSURE BECOME A PROBLEM?

Peer Pressure becomes a problem when it makes us feel uncomfortable or makes us go against our personal beliefs. Negative peer pressure can make us feel bad as well. Feeling bad is also a problem.

## WHERE TO GO FOR HELP

- ✗ Parents
- ✗ Older siblings
- ✗ Other relatives
- ✗ Teachers
- ✗ Principal
- ✗ Counselor
- ✗ Religious advisors
- ✗ Police
- ✗ Telephone hotline

WE NEED TO LISTEN TO BOTH OUR MINDS AND BODIES ABOUT THE CHOICES WE MAKE. THEY CAN HELP US DETERMINE WHEN A DECISION MAY BE THE WRONG ONE FOR US.

## JOURNAL TOPIC

Turn to Worksheet 16 on page 31 and complete the journal page. Remember to try to use some of the ideas discussed today in class in your response.

Your friend is having a lot of problems at home. She comes to you and tells you that she is thinking of running away from home. Try to use positive peer pressure to convince your friend that running away is not the best way to solve the problem. Give your friend ideas of who she could go to for help.