

## **DEALING WITH PEER PRESSURE**

### **CONCEPT**

Giving and accepting an assertive refusal is an important personal safety skill.

### **OBJECTIVES**

Students will be able to:

*Generate safe responses to potentially dangerous situations.*

*Resist peer pressure.*

*Use a problem-solving strategy.*

### **NOTES TO THE TEACHERS**

Impulsive children may not stop and think about the safety or fairness of their behavior. This skill is important for resisting peer pressure. This is a lesson in both assertiveness and problem solving.

It can be difficult to say no to people we like. Children should learn that it is okay to say no and that when someone says no to them, they needn't be upset. Accepting an assertive refusal is also a skill. Beware that when students justify their reason(s) for saying no, peers may respond with added pressure to defend their reasons.

### **TRANSFER OF LEARNING**

Help students use the skills from this lesson in everyday situations.

### **ADDITIONAL ACTIVITY IDEAS**

Have students investigate group instinct behavior in animals such as sheep, lemmings, and buffalo. Compare and contrast their behavior to peer pressure.