



Living our Values

Tackling Peer Pressure

Humanity, Equality, Aspiration, Respect

Do Now Activity

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1. Write **one** sentence about what you think it means to be a **positive** influence.

2. Write **one** way you could be a **positive** influence to younger students or relatives.

Use the icons to help you think of some ideas.

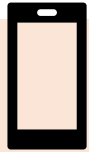


Humanity, Equality, Aspiration, Respect

Understanding the Facts

Read each fact, then answer the question below.

Seizures, comas, burns, and even death occur when teens attempt online challenges.



Teenage drivers are three times more likely to crash than drivers over the age of 20.



50% of teenage deaths are caused by preventable accidents – compared to only 3% of adult deaths.



Drowning is a leading cause of accidental death among teenagers.



Why are adults less likely than teenagers to be killed or injured in online challenges, car crashes or accidents? Give **two** reasons.

Social Influences

List as many social influences as you can think of. **Use the images to help you.**



How might each of these factors influence someone? List at least **one reason** for each.

Humanity, Equality, Aspiration, Respect

What is considered to be a bad influence?

Choose **three** of the examples below of things a friend might do or say. Write down:

- **One word to describe the behaviour**, e.g. 'controlling'
- **One reason why your friend might be acting this way.**

1. Telling you what to wear or how to act.

2. Asking you to lie to your parents or carers about where you're going because they don't want to go somewhere alone.

3. Using a fake social media account to send insulting messages to others.

4. Encouraging you to try alcohol or drugs at a party because everyone's doing it.

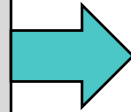
5. Bringing a knife to school to "protect" you after you were threatened by other students.

6. Regularly talking negatively about others.

What is considered to be a bad influence?

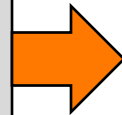
Sometimes it can be difficult to recognise when people are being bad influences, especially when they are your friends.

1. Telling you what to wear or how to act



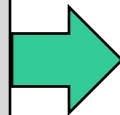
Controlling: The friend may think it's helpful advice, but everyone has the right to make their own decisions.

2. Asking you to lie to your parents so you can go out because they don't want to go somewhere alone



Deceptive: The friend may be worried about their own safety whilst alone, but they're putting you both in an unsafe situation.

3. Using a fake social media account to send insulting messages to others.



Hurtful: They might feel insecure about their own appearance or personality and feel they have to hide behind a fake profile.

What is considered to be a bad influence?

4. Encouraging you to try alcohol or drugs at a party because everyone's doing it.

Pressuring: The friend might want you to 'fit in' with them or their group. They aren't thinking of the negative consequences of drugs or alcohol, or your right to make your own decisions.

5. Bringing a knife to school to "protect" you after you were threatened by other students.

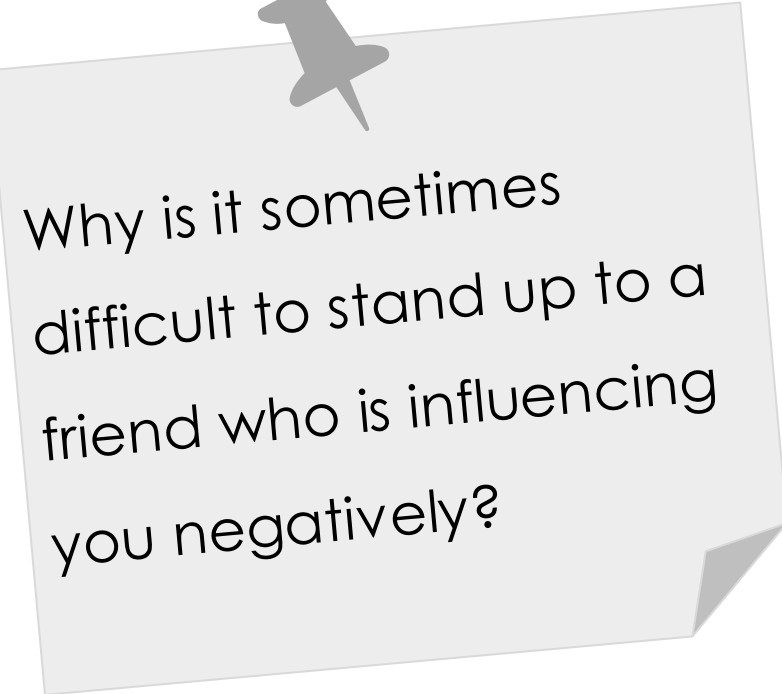
Dangerous: The friend may believe they are trying to protect you, but carrying any knife in public is illegal in many countries.

6. They are always talking negatively about others

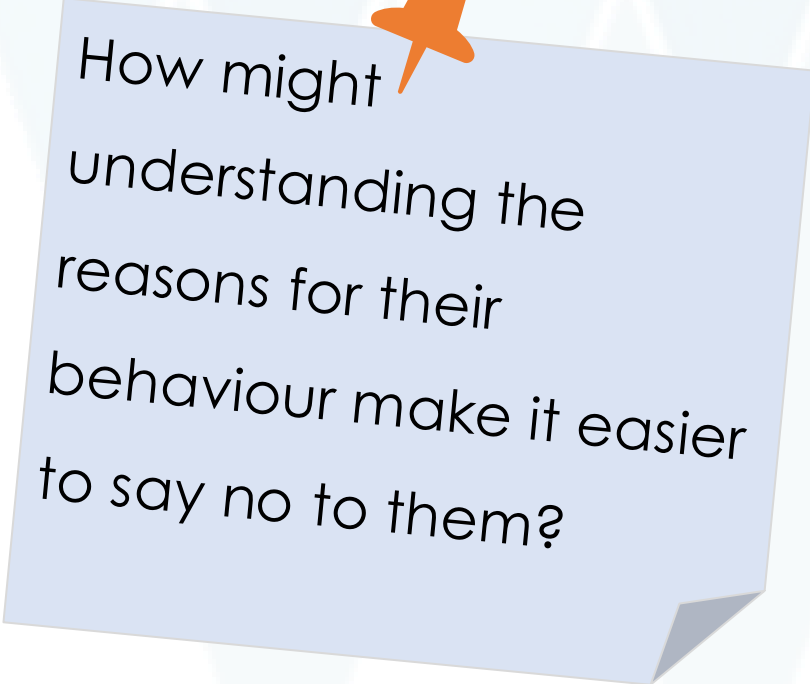
Insensitive: They might have a negative self-concept that they are trying to project onto other people.

What is considered to be a bad influence?

Think about the task you've just completed and discuss the two questions below with a partner.




Why is it sometimes difficult to stand up to a friend who is influencing you negatively?




How might understanding the reasons for their behaviour make it easier to say no to them?

What is considered to be a bad influence?

Think about the task you've just completed and discuss the two questions below with a partner.



Why is it sometimes difficult to stand up to a friend who is influencing you negatively?



How might understanding the reasons for their behaviour make it easier to say no to them?

Peer Pressure – what is your opinion?

Using a ruler, draw and number five lines on your page like this:

1 _____

2 _____

3 _____

4 _____

5 _____

Peer Pressure – what is your opinion?

Add symbols to create five opinion lines. **Disagree** on the left **x**. **Agree** on the right **✓**.

1	x	_____	✓
2	x	_____	✓
3	x	_____	✓
4	x	_____	✓
5	x	_____	✓

Peer Pressure – what is your opinion?

Now draw a circle somewhere on each line to show your opinion on each statement.

x “Teenagers are risk takers.” ✓

x “Peer pressure is when you feel forced into doing something risky or unsafe.” ✓

x “Being influenced by peer pressure is part of human nature.” ✓

x “Teenagers care more about other teenagers’ opinions than adults’ opinions.” ✓

x “Confident people aren’t affected by peer pressure.” ✓

Teenage Brain Development

In your teen years, the **social** and **reward** centres of your brain develop first.



- You become more aware of your social status, and the opinions of your peer group.
- You get a bigger hit of your reward chemical (dopamine) when you experience new things.

The **cognitive** centre of your brain develops later.



This part of your brain helps with:

- Assessing risks
- Controlling impulses
- Making decisions

Does this explain any “typical” teenage behaviour? If so, what?

If our social and reward centres didn’t develop, why would that be bad for humanity?

Is all risk taking bad?

List at least three **positive** risks teenagers could take.



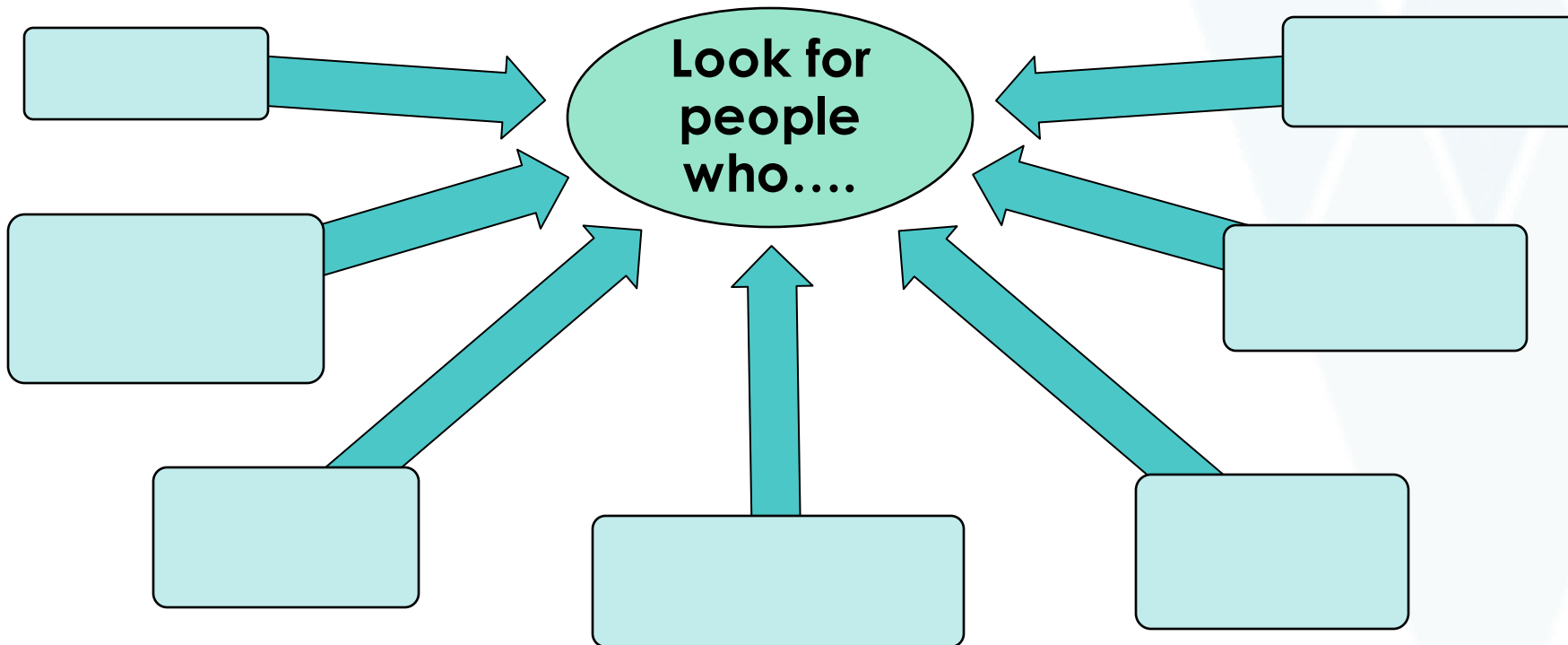
List at least three **negative** risks teenagers should avoid.



The qualities of a good friend

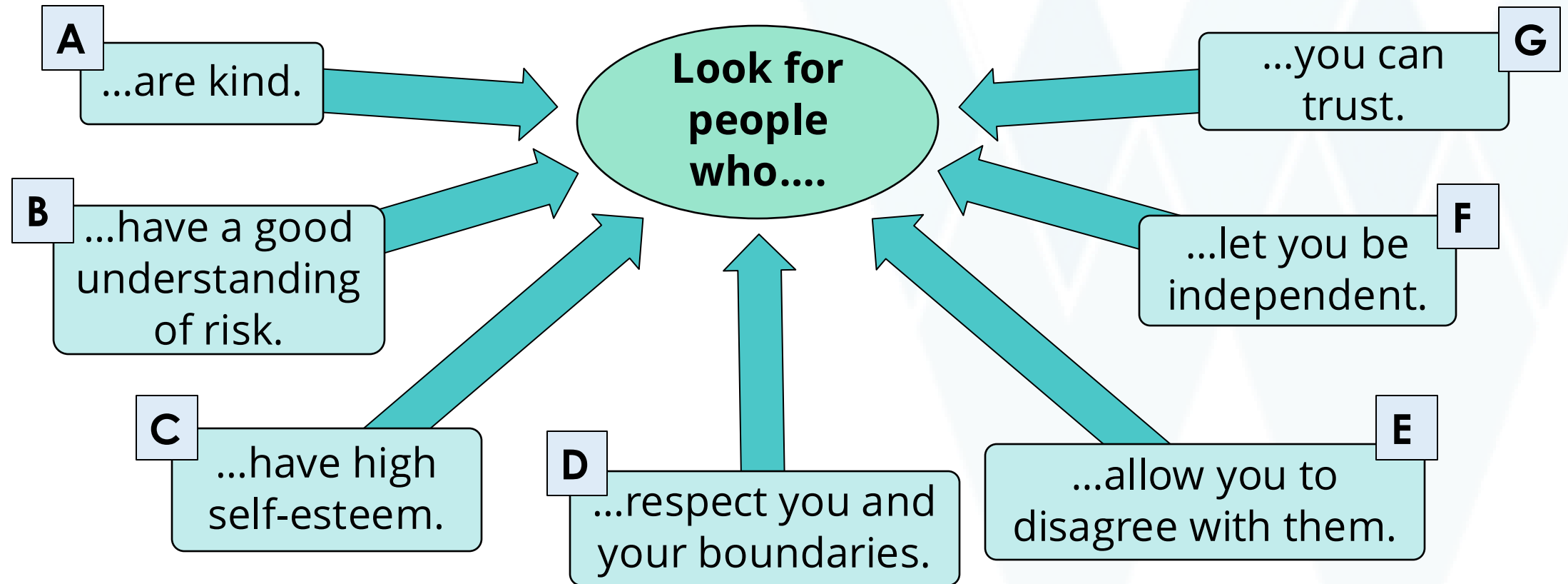
You are more influenced by your peers when you're a teenager – but this influence can be positive or negative.

Choosing your friendship group wisely is actually the best way to manage peer pressure.



The qualities of a good friend










Which qualities are most important to you? **Rank** the qualities 1 – 7. **1 = most important**



Has your opinion changed?

Look back at your opinion lines.

Draw a triangle on each line to show your opinion on each statement now.

- 1 **x**  "Teenagers are risk takers."  
- 2 **x** "Peer pressure is when you feel forced into doing something risky or unsafe."  
- 3 **x**  "Being influenced by peer pressure is part of human nature." 
- 4 **x** "Teenagers care more about other teenagers' opinions than adults' opinions."  
- 5 **x** "Confident people aren't affected by peer pressure." 