

# Be True to You!

## A Guide to Helping Students with Peer Pressure

**Peer pressure** is a feeling that you have to act a certain way or do a certain thing to get acceptance from people who are your age.

It's natural to want to be liked and respected by those in your age group and social circles. However, peer pressure can sometimes lead students to make choices that have negative consequences.

The classroom is a great space for kids to learn life lessons and skills, like how to handle the effects of peer pressure. As an educator, here's how you can guide your students:

### 3 ways to help students handle peer pressure:

1

**Identify:** Encourage students to think of a time when they felt pressure from their friends. Identifying what peer pressure looks like can help them be more aware for the future.

2

**Listen:** Create a safe space in your classroom where students can talk openly about peer pressure and share their thoughts. Let them brainstorm ways to handle those situations when they pop up to build the confidence to be themselves and say "no" when they need to.

3

**Share:** Be a sounding board for your students as they come up with solutions for tricky social situations. If you offer your thoughts, make sure you share it in a nonjudgmental and open way that can help them to feel supported.



# Classroom Activity: What Can You Do?

Practicing how to handle tough situations can boost students' confidence. Role-play peer pressure scenarios to help students practice skills and phrases they might need in real-life situations.

Directions:

1. Cut out the scenarios and pass them out among students.
2. Some scenarios are good for younger students while others are better for older students. Determine which scenarios are best for your classroom!
3. Have students work in groups to come up with solutions, or use the scenarios as conversation starters for a class discussion!

Your best friend is having a hard time in math class and was told they can't visit you unless they get an "A" on their next test. They ask if you can slide your paper to the edge of the desk so they can copy it.

what can  
you do?

Your friends are walking around the store, and they start putting candy in their pockets to steal. They tell you to grab some too.

what can  
you do?

When the teacher is out of the room, your classmates dare you to yell out a bad word.

what can  
you do?

Phones are not allowed at your school but your friends want to text you. They tell you to just leave your phone in your pocket!



You are hanging out with your neighbors, and they bring out their older brother's vape. They said they have always wanted to try and ask if you want to try too.



In gym class, you're the team captain picking your team. Your classmates whisper for you not to choose a kid who struggles with sports, leaving him looking sad. You think he's nice and don't want to hurt his feelings.



You have a book report due tomorrow and haven't even started reading the book yet. Your friend tells you that you can just Google or use ChatGPT to write it for you.



You love the new shoes you got for your birthday. Some of your classmates start giving you a hard time for not having the exact type of shoes that they have.



The students on your bus are yelling bad words out of the window. They tell you to do it too.



You like to play tag at recess. Your friends all want to play four square and tell you that if you play tag instead of four square with them then they won't be your friend anymore.



Your classmates are taking turns on the monkey bars, but you are afraid to do the monkey bars. Now, they tell you it's your turn to go.

