

## Teen Health Course 2

### Chapter 6 Resisting Peer Pressure

#### VIDEO SUMMARY

In the video you have just seen, you learned that the influence your friends have over your choices is called peer pressure. Martin faced peer pressure when his friends encouraged him to skip class. Martin knew that his parents would not approve, so he used refusal skills to get out of a situation that made him uncomfortable. In the end, Martin was able to say no without compromising his friendships.

[Click here to watch video; 00:06:47](#)



#### Discussion Questions

1. What statements did Martin's friends use to pressure him into skipping class?  
*Answers will vary but may include: insults, promising Martin that he won't get caught, getting angry when Martin decides not to skip class.*
2. Did you see any examples of positive peer pressure in the video?  
*Yes, Martin influenced Alicia to go back to school.*
3. Have you or someone you know ever felt peer pressure? How did you handle it?  
*Answers will vary.*

## Activity

### OBJECTIVE

Students will make tangible tools to help them practice refusal skills in peer pressure situations.

*Skill Summary:* Communication; Decision Making; Refusal Skills

### MATERIALS

- Paper & pencil
- Scissors
- Tape

### PROCEDURES

1. Form small groups and ask each group to brainstorm some scenarios in which teens might experience negative peer pressure.
2. Have each group create a paper cube (or some other multi-sided object) and write one strategy for resisting peer pressure on each side.
3. Call on each group to act out a peer pressure scenario, using the paper cube to generate appropriate responses to peer pressure.

### EXTENSION

Make different variations of the paper cube by using a different medium (such as a beach ball) to convey information, or by changing the information included on the cube (such as the S.T.O.P. formula, steps of the decision-making process, etc.).

### WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Read articles about peer pressure at the [Center for Young Women's Health](#) Web site.
- Go to [KidsHealth.org](#) for some common examples of peer pressure situations.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

## Teen Health Course 2

### Chapter 6 Resisting Peer Pressure

#### VIDEO SUMMARY

In the video you have just seen, you learned that the influence your friends have over your choices is called peer pressure. Martin faced peer pressure when his friends encouraged him to skip class. Martin knew that his parents would not approve, so he used refusal skills to get out of a situation that made him uncomfortable. In the end, Martin was able to say no without compromising his friendships.

[Click here to watch video; 00:06:47](#) 

After you have watched the video, write your responses to these questions.

1. What statements did Martin's friends use to pressure him into skipping class?

---

---

---

2. Did you see any examples of positive peer pressure in the video?

---

---

---

3. Have you or someone you know ever felt peer pressure? How did you handle it?

---

---

---