

# Personal/Social Development



**Standard:** Interpersonal and Communication Skills

**Competency:** 7.5 Identify sources and effects of peer pressure.

**Lesson Topic:** Peer Pressure

**Grade Level:** 4-5

**Length:** 1 class period

## Materials

“Peer Pressure” worksheet.

## Evaluation

Students will identify sources and effects of negative peer pressure and learn skills to manage peer pressure.

## Procedure

1. The teacher establishes that one’s “peers” are people the same age or grade and defines “pressure” as a force or strong influence.
2. The teacher then asks students to define the term “peer pressure.”
3. The teacher lists some examples of peer pressure: pressure to skip school, pressure to use drugs, pressure to cheat, etc.
4. The teacher hands out the “Peer Pressure” worksheet and asks students to complete.
5. A class discussion follows on the next day to discuss answers and strategies used to manage peer pressure.

# PEER PRESSURE



1. What is a peer?
2. What is peer pressure?
3. Why do people try to pressure each other into doing things?
4. How can you resist negative peer pressure?
5. Name two ways to turn down negative peer pressure.
6. Why is it important to learn to stand up for yourself?
7. If you have doubts about doing something, what can you do?
8. Give an example of a situation in which a peer pressured you.
9. How did you handle the situation?