

Year 8	Lesson 2 Managing Peer Pressure
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction slide outlining that the positive and negative impact of peer pressure on us and our mental health</p> <p>Personal Exercise:</p> <p>Who or What Influences Us?</p> <p>Looking at choices in clothes, food, risks, free time, music and behaviour and who has the most influence on them</p> <ul style="list-style-type: none"> • Peer pressure is one of many influences so what are the major ones in your life? • How do they impact on the decisions you make? • Complete the My Choices and Influences handout • Be prepared to share one of your results with the class <p>Feedback and Class discussion slide</p> <ul style="list-style-type: none"> • Teacher can record as appropriate <p>Choices and Influences - what does this tell us?</p> <ul style="list-style-type: none"> • We are positively and negatively influenced by peers? • My family decides what is best for me?
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Learn to recognise peer pressure and have strategies to manage it
Peer Pressure	<p>Why are we Influenced by Peers, some reasons</p> <ul style="list-style-type: none"> • Your thoughts? • Teacher can record as appropriate
Positive Peer Pressure	<p>Class Discussion:</p> <ul style="list-style-type: none"> • Give some examples of positive peer pressure <p>Example images of positive peer pressure, smoking, bullying</p> <ul style="list-style-type: none"> • Teacher can record as appropriate <p>Examples of doing the right things, good rather than harm</p>

Negative Peer Pressure	<p>Class Discussion:</p> <ul style="list-style-type: none"> • Give some examples of negative peer pressure <p>Example images of negative peer pressure, smoking, pregnancy, violence</p> <ul style="list-style-type: none"> • Teacher can record as appropriate <p>Example that shows impact of negative peer pressure on those targeted</p>
Negative Peer Pressure Case Study	<p>Jenny's predicament</p> <ul style="list-style-type: none"> • What are the possible outcomes? • Teacher can record as appropriate
Saying No to My Friends	<p><u>Saying No to My Friends</u></p> <p>Short video outlining some of the causes of peer pressure and how to resist letting it take you in the wrong direction</p> <p>Feedback and Class discussion slide</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Dealing with Positive and Negative Peer Pressure	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • You walk home with a group of older pupils from your school they always light up a cigarette as soon as they are away from school • All your mates hang out together in the evening by the shops. You parents have said you have to be home by 9pm but your friends mock you when it's time to go • Write 5 lines on how you will deal with each situation and share it with the class <p>Feedback and Class discussion slide</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Help and Support	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the 'Your guide to children and young people's emotional health services</p>
Evaluation	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> • Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.

