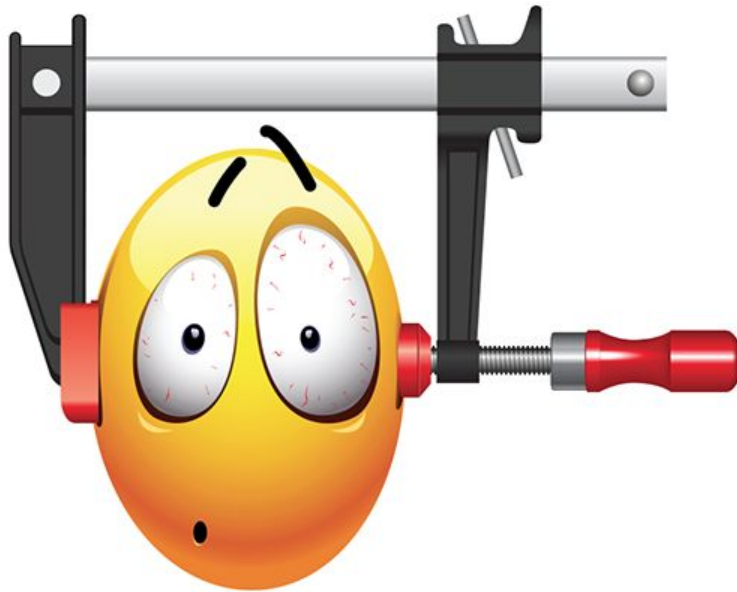


# ***UNDER PRESSURE***



**NAME:** \_\_\_\_\_

# ***PEER PRESSURE: WHAT IS IT??***

***DEFINE PEER PRESSURE IN YOUR OWN WORDS:***

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***WHAT COMES TO MIND WHEN YOU THINK OF PEER PRESSURE:***

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***GIVE THREE EXAMPLES OF POSITIVE PEER PRESSURE:***

- 1.***
- 2.***
- 3.***

***GIVE THREE EXAMPLES OF NEGATIVE PEER PRESSURE:***

- 1.***
- 2.***
- 3.***

# "PEER" SUASION

**DO YOU THINK PEERS INFLUENCE EACH OTHER? WHY OR WHY NOT?**

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**HOW DO TECHNOLOGY AND SOCIAL MEDIA AFFECT THE WAY PEOPLE INFLUENCE EACH OTHER?**

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**WHAT ADVICE WOULD YOU GIVE TO SOMEONE DEALING WITH NEGATIVE PEER PRESSURE? LIST 3 THINGS:**

- 1.
- 2.
- 3.

# ***TOP INFLUENCES ON TEENS FOR DRUGS AND ALCOHOL***

***IN YOUR GROUP: COME UP WITH YOUR TOP 5 INFLUENCES***

## ***MY GROUP'S TOP 5***

- 1.***
- 2.***
- 3.***
- 4.***
- 5.***

## ***MY CLASS'S TOP 5***

- 1.***
- 2.***
- 3.***
- 4.***
- 5.***

# ***SAYING "NO"***

<b><i>EASIER</i></b>	<b><i>HARDER</i></b>

# ***SAYING "NO"***

<b><i>EFFECTIVE</i></b>	<b><i>INEFFECTIVE</i></b>

# ***REFUSALS OBSERVER CHECKLIST***

***ROLE PLAY #***

<b><i>BEHAVIOR</i></b>	<b><i>1</i></b>	<b><i>2</i></b>	<b><i>3</i></b>	<b><i>4</i></b>	<b><i>5</i></b>	<b><i>6</i></b>
Said "NO"						
Body Language Said "NO" (if applicable)						
Repeated Refusal						
Suggested Alternative						

# ***LET'S PRACTICE***

## **Setting the Stage:**

You and your best friend since middle school are getting ready before prom. Your friend pulls out a bag of marijuana as you finish up getting ready. They ask you to try it with them before prom. You've never smoked weed before. Your best friend speaks first:

**Person 1:** Look at all the fun times we have had together. C'mon let's just smoke this joint before prom.

**Person 2:**

**Person 1:** It's no big deal, it will make the night way more fun, I promise.

**Person 2:**

**Person 1:** We've been friends forever. If you really cared about me, you would smoke this with me.

**Person 2:**

**Person 1:** I love hanging out with you, but you need to learn to have fun sometimes.

**Person 2:**



# **DIRECTIONS:**

**YOU AND YOUR GROUP MEMBERS WILL READ YOUR SCENARIOS (FROM THE PREVIOUS PAGE) TO EACH OTHER. AS YOUR GROUP MEMBER READS, FILL OUT THE CHART BELOW:**

## **ROLE PLAY #**

<b>BEHAVIOR</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Said "NO"						
Body Language Said "NO" (if applicable)						
Repeated Refusal						
Suggested Alternative						

### **REFLECTION:**

**WAS THE REFUSAL EFFECTIVE? WHY OR WHY NOT?**

**WOULD THE PERSON IN THE SCENARIO BE DIFFICULT TO SAY NO TO? WHY OR WHY NOT?**

# ***REFUSAL SKILLS SKITS***

- ***IN GROUPS YOU ARE TO COME UP WITH A SKIT TO PRACTICE REFUSAL SKILLS***
- ***FOLLOW INSTRUCTIONS ON YOUR HANDOUT***
- ***SKITS NEED TO BE 1-2 MINS IN LENGTH***
- ***EACH GROUP MEMBER MUST SPEAK***
- ***FILL IN THE "SKITS OBSERVATION" SHEET AS YOUR CLASSMATES PRESENT***

# **SKITS OBSERVATION SHEET**

## **DIRECTIONS:**

**AS YOUR CLASSMATES PRESENT THEIR SKITS, RECORD THE FOLLOWING INFORMATION BELOW. COMPLETE THE CHART.**

**ROLE PLAY #**

<b>BEHAVIOR</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Said "NO"						
Body Language Said "NO" (if applicable)						
Repeated Refusal						
Suggested Alternative						