Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_

**How will you resist peer pressure?**

Instruction**:** Read the scenarios & answer the following questions. You may need to refer to thecoolspot.gov activity in your packet. Show me how you would RESIST peer pressure and make HEALTHY & RESPONSIBLE choices!

Scenario #1:

You are hanging out at the park with all your friends. There are a few people there who you don’t know very well, but they seem super cool, so you want them to like you. Hannah, a girl who is popular at school mentions her older brother is having a party tomorrow night, and there will be alcohol. “You all have to come and try it! I’ve heard parties can be way more fun with alcohol. Anyone who doesn’t come is a major loser!” Then she turns to you and asks “You’re coming right?”

1. Which type(s) of peer pressure is being used (rejection, put-down, reasoning, unspoken pressure)?

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Scenario #2:

During lunch, you and your friends are all sitting together at a table together. Two of the cutest 9th grade boys come up to you and your friend and ask if you want to come hang out with them after school. These boys are known to smoke after school, and are mean to kids who don’t smoke with them. Your friend says “I don’t think that is a good idea. I know you two smoke, and I don’t want to be around that.” The boys start laughing and making fun of your friend. They turn to you and ask “What about you? Are you going to be a lame-o nerd like her or will you be cool and come hang with us?”

1. Which type(s) of peer pressure is being used (rejection, put-down, reasoning, unspoken pressure)?

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Scenario #3

You are visiting your grandparents’ farm during spring break with all your extended family you haven’t seen for almost a year. Your favorite cousin, Todd, tells you to meet out by the river later that night. You are excited to catch up with Todd, and meet him as planned. Todd tells you that he is captain of his football team, and all the guys think he is the bomb. Your stomach sinks when he pulls out a bottle of pills. “This is your ticket to the good life man” and he offers you a handful to try. “Where did you get these? Are these yours?” you ask. “Nah man, it doesn’t matter. These will make you feel good all the time, I know how bad you wanna be captain, these will make you a better player, and a cooler guy!”

1. Which type(s) of peer pressure is being used (rejection, put-down, reasoning, unspoken pressure)?

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Scenario #4

You recently were in trouble at school and your parents were really upset. You are working hard to earn their trust back, and hope that they will see you can be responsible and make good choices. You talk your parents into letting you hang out with some friends over the weekend. Your parents tell you as they drop you off, that if there are any drugs or alcohol to call them and they will come get you. You are so excited to see your friends again after being grounded for so long! As soon as you walk in, you see a lot of other people you don’t know, and you smell weed. “What’s going on?” you ask. Your friends tell you that they met some new people who are showing them how to relax and have a good time. You say, “My parents will kill me!” And everyone starts laughing and making fun of you for being a “goody-good” “They won’t know!”

1. Which type(s) of peer pressure is being used (rejection, put-down, reasoning, unspoken pressure)?

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Scenario #5

Your parents are gone for the night and you are home working on homework. Your friend texts you to see what you are up to. Once he finds out that your parents are gone he wants to come over! “Perfect dude! I have some new stuff we wanna try and we can’t find anywhere to do it without parents! We will be over in a few minutes” he texts. You know that he means drugs when he says “new stuff” and you know your parents do not allow you to have friends over when they are gone, plus you have a lot of homework to finish.

1. Which type(s) of peer pressure is being used (rejection, put-down, reasoning, unspoken pressure)?

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Scenario #6

You love dancing, and are so excited to go to a dance party that everyone has been talking about all month. As soon as you get there, someone offers you something that looks like a drug you learned about in health class. “This will make tonight unreal, this literally makes you see and feel the music, and makes dancing way more fun!” Your friends eagerly take the drug and tell you that you are stupid if you don’t try it at least one time.

1. Which type(s) of peer pressure is being used (rejection, put-down, reasoning, unspoken pressure)?

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