**LESSON: *I Can Handle Peer Pressure***

**OUTLINE**

1. Introduce topic of Peer Pressure.
2. Define “peer” and “peer pressure”. Ask students if they’ve ever felt pressured into doing something.
3. Explain that peer pressure can be POSITIVE if it gets you to do something worthwhile. Or it can be NEGATIVE if it gets you to do something you feel isn’t right.
4. Talk about how there are always consequences for our actions and that peer pressure can result in outcomes we didn’t expect or want
5. Introduce the 7 Ways to Handle Peer Pressure and review each slide
6. Learn to say “no”
7. Make an excuse and leave
8. Make your own decisions
9. Avoid people and situations you’re not comfortable with
10. Talk to your parents and trusted friends
11. Think about possible consequences for your actions
12. Get busy with something else
13. So…what do YOU think

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activity Sheet (peer pressure role-play cards)
* Magnet cards
* Homework Sheet – optional