



Peer Pressure and Your Future

Materials:

- Worksheet

In this lesson students will learn about the consequences that can come with giving into peer pressure.

Kick off:

Sometimes we can feel pressure to be or act like someone we are not. In a group, brainstorm what peer pressure is and why it can have negative impacts.

Discuss:

Sometimes things can go too far or get out of hand. This is especially true when it comes to peer pressure which can have lasting negative effects on your future goals. Let's think of some scenarios where peer pressure can negatively impact your future:

- Doing drugs
- Drinking
- Skipping class
- Gossiping
- Spreading rumors
- Dressing in a way that does not reflect you or your values
- Smoking
- Cheating

Sometimes, one bad act can cost you your future. This is one of the many reasons why it is important to stick to your values and morals. Resisting peer pressure ensures that you are not compromising yourself, your future, and helps strengthen your character.

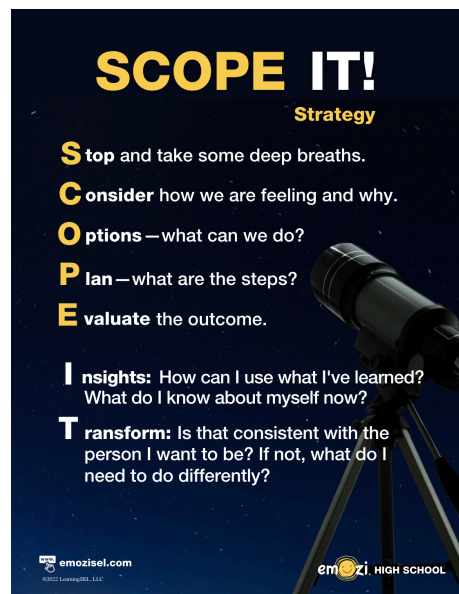


High School

SCOPE- IT Review:

The SCOPE-IT strategy is the basis for positive decision making. Let's take a look at what the steps to the strategy are:

- Stop and take some deep breaths.
- Consider how you are feeling and why.
- Options - what can you do?
- Plan - what are the steps?
- Evaluate the outcome.
- Insights: How can I use what I've learned? What do I know about myself now?
- Transform: Is that consistent with who I want to be? If not, what do I need to do differently?



Dive In:

When we spend more time trying to be someone we are not to fit in and give into peer pressure, it takes a toll on our mental health and can land us in some unforgiving situations. Being someone else is exhausting and putting yourself into a situation you do not wish to be in can be very anxiety provoking.



High School

Read Lisa's story below and consider what you would have done. In the next activity we will ask you to rewrite part of the story to give Lisa a better opportunity to go to college.

Lisa's Story

Lisa is 17 years old and is in her senior year of high school. Lisa has been accepted to a prestigious university for next fall in Boston and can not wait to start this next part of her life. She has worked extremely hard to get into this university, after maintaining a 4.0 GPA and doing extensive extra curricular activities such as soccer, dance, and volunteering at a local animal shelter. She also tutors middle school students in math. Lisa has been offered a full ride to her university for her exceptional dedication to her studies.

In English class, Lisa gets a Facebook invite to Toni's birthday party. Toni is a guy in her grade who is known for his wild parties. Lisa suspects that there will be alcohol at the party and is feeling hesitant to go to a place where alcohol will be consumed underage. Sarah, Lisa's best friend, begs her to go to the party because Henry (her crush) will be there. Lisa knows she should not go anywhere alcohol is being consumed underage especially to keep her scholarship but she does not want to disappoint Sarah, plus she thinks to herself "if I don't drink, then I did not do anything wrong right?"

Later on...

The party is in full swing and Lisa has a nice time catching up with her other friends on the soccer team. She sees that Sarah and Henry are hitting it off as well! "I'm happy that Sarah is happy but I still feel anxious about how crazy this party is getting" she thinks as she sees the birthday boy Toni pull out another bottle of Vodka from his parent liquor cabinet and pass out shots. Toni offers her a shot and with a smile says "come on Lisa! It's my birthday, you have to take the shot! It's bad luck if you don't." Lisa knows drinking is against her values but similar to how she feels about Sarah's request, she does not want to disappoint anyone. Lisa drinks the shot.

Suddenly, she hears sirens and sees blue and red flashing lights. Lisa and her friends all end up getting their names written down by the police and her parents and school gets notified. The school must report this infraction to her university and she ends up losing her scholarship. Lisa is devastated.



High School

Activity:

Read each scenario and using the SCOPE-IT Strategy, have students write what their responses to each scenario would be.

Reflect:

Why is it important to stick to your values and not give into peer pressure?

How would you feel when you are older if an act you made when you were younger cost you a big opportunity?

Extend and Enrich:

[Peer Pressure can MAKE or BREAK your future. |](#)

Professional Development:

[How Does Peer Pressure Affect a Teen's Social Development?](#)

Further Study:

[How to Deal With High School Graduation Depression & Anxiety](#)

[How to Handle Peer Pressure | Fairfax County Public Schools](#)