



PEER PRESSURE LESSON PLAN

Topics to teach: Peer Pressure & Fitting in Grades 3-5



Subject: Peer Pressure

Goal: Students will understand what peer pressure is, and we should not be pressured or pressure others into excluding or making fun of someone for being different.

Objectives:

- Identify peer pressure
- Learn to say “no” to peer pressure that is dangerous, excludes, or makes fun of others.

Materials:

- Peer Pressure & Fitting in Comic
- Peer Pressure & Fitting in Activity Sheets 1 and 2
- Pencils
- Colored pencils
- Student Certificates

Attention grabber

Let's do a little experiment. Look around the room and help me find 2 people who are dressed almost the same. (Pause and discuss with students, bring 2 students to the front of the room)

You guys are wearing some of the same (colors, types, etc) of clothing, but you are still different! How are you different from each other? (Discuss with students). We are SUPPOSED to be different in what we like, who we hang out with, what we wear, and the activities we do! That is what makes us UNIQUE, and it is how we all get to have many different friends and experiences!

Our real friends like us for who we are, whether we have similarities or differences. There may be times you feel pressured to change something about yourself or be mean to others who are different in order to fit in. Today, we're going to talk about how to recognize and deal with peer pressure to fit in!

First, we need to look for clues to recognize negative Peer Pressure. Peer Pressure is FEELING the pressure to do what others are doing. That can be a strong feeling, AND it can be hard to resist. It comes from people who influence us like our friends. What our friends say and do can impact the decisions we make every day.

POSITIVE peer pressure can help us try new things and have fun. What are some examples of POSITIVE peer pressure? (Trying a new game, hobby, or sport) There is also NEGATIVE peer pressure. Some kids sometimes do or say things that are not kind and they may try to convince you to be mean to someone or do something you don't want to do.



PEER PRESSURE LESSON PLAN

Topics to teach: Peer Pressure & Cyber Bullying Grades 3-5

Lesson

- Read or follow along with the Peer Pressure & Fitting in Comic
- Read and discuss the Student Review Questions
- Hand out the Peer Pressure & Fitting in Activity Sheet 1. Read with students and have them complete the activity sheet.
- Allow time to write
- (optional) Have students share their comics with a partner or group
- Hand out the Peer Pressure & Cyber Bullying Activity Sheet 2. Read with students and have them complete the activity sheet.
- Allow time to draw and color with colored pencils.
- (optional) Have students share their comics with a partner or group

Extended thinking

- Can you feel peer pressure if no one is telling you what to do with words? How?
- There can be positive and negative peer pressure. What is an example of positive peer pressure? What about negative peer pressure? How do you know the difference?
- Why is it important to understand the difference between what we really enjoy doing and wearing and doing or wearing something because someone else is doing it?

Standards

- 4.2.4 Recognize ways to communicate and respect the boundaries of self and others.
- CCSS.ELA-LITERACY.W.3.1.B- Provide reasons that support the opinion (from written opinion piece)
- CCSS.ELA-LITERACY.W.4.2.D- Use precise language and domain-specific vocabulary to inform about or explain the topic.
- CCSS.ELA-LITERACY.W.5.2.D- Use precise language and domain-specific vocabulary to inform about or explain the topic.