



# OFFICER SCRIPT



**Topic: Peer Pressure & Fitting in 3-5**

**Comic:** Peer Pressure & Fitting in

**Materials:**

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

## Script

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.

If you or a friend feel you may be doing something because of peer pressure, stop and think: "WHO wants me to do or say this, and WHY? Trust your feelings if you do not want to do something or it is harming someone else and tell a trusted adult so they can help you. If you feel you are being pressured into bullying someone else, stop and think, take a deep breath, and clearly state that you do not want to be a part of making someone feel bad. Others may think about their actions as well.

Let's read / watch a comic together about Peer Pressure and Fitting in. *(Read and/or watch the Peer Pressure & Fitting in Comic)*

*Discuss the Student Review Questions, Hand out the Peer Pressure & Fitting in Activity Sheets and guide students through completing them.*