

The Character Curriculum

Flourishing for Life



<p>Y11: Healthy Relationships L2 – Peer pressure</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Understand the role of peer pressure in a range of relationships, identify strategies to resist peer pressure and herd mentality and promote skills to support younger peers. 	<p>Key vocabulary: Herd mentality, role model, peer support, influence</p> <p>Key virtues: Courage, respect, confidence, resilience</p>
<p>Resources: PowerPoint presentation</p>	<p>Statutory links: PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> - To recognise when a relationship is abusive and strategies to manage this; - The skills and strategies to respond to exploitation, bullying, harassment and control in relationships; - To evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs; - Skills to support younger peers when in positions of influence. 	
<p>Key questions:</p> <p>What is 'peer pressure'?</p> <p>What might you be pressured into doing?</p> <p>Who might pressure you?</p> <p>What consequences might peer pressure have in the short term and the long term?</p> <p>Which virtues are needed to do the right thing?</p> <p>How would you feel in a situation of peer pressure?</p>	<p>Learning activities:</p> <p>Starter:</p> <p>What is peer pressure? Come up with a definition in your pair.</p> <p>The dictionary definition of peer pressure is: 'The strong influence of a group, especially of children, on members of that group to behave as everyone else does'</p> <p>Can you think of an example where you have felt under peer pressure? Why was it so hard for you?</p> <p>Share some examples as a class and discuss why peer pressure is so difficult to deal with.</p> <p>Activity 1: Moral dilemma</p> <p>Read the moral dilemma story on the PowerPoint.</p> <ul style="list-style-type: none"> - What are the consequences of Sarah going off with her friends? - What emotions might she be feeling being pressured in this way by her friends? - Which virtues are clashing in this scenario? Are there more than two? - What are the different ways she might be able to deal with this situation? 	

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<p>What advice would you give to someone who is experiencing peer pressure?</p>	<ul style="list-style-type: none">- What might her actions mean for any of her friends in a similar situation? <p>Activity 2: Resisting peer pressure</p> <p>What can you do when you are feeling peer-pressured?</p> <p>There are some tips here: https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-peer-pressure or you could watch the video here: https://www.youtube.com/watch?v=ZNuRn-ZdvX0&feature=emb_title [available 05/20] (Why can't I say no to my friends? – Childline).</p> <p>Discuss as a class and make a list of strategies.</p> <p>Which virtues do you think you need to use to deal effectively with peer pressure?</p> <p>You can think of virtues as a bit like muscles; the more you practice using them, the better you will be at using them when needed.</p> <p>Activity 3: Peer pressure and a herd mentality</p> <p>Read the information on peer pressure and a herd mentality.</p> <p>Explain the difference between herd mentality, herd behaviour and peer pressure. Have you seen the results of a herd mentality? Discuss some examples with a partner.</p> <p>Activity 4: What advice would you give?</p> <p>Discuss the ways in which you might encourage a younger student joining your school to resist peer pressure. How might they develop their character and cultivate healthy relationships with their friends?</p> <p>Work in small groups and work through the following tasks:</p> <ul style="list-style-type: none">- Create a mind map to plot out the different strategies you could use to resist peer pressure (this can include resisting peer pressure online)- Come up with a slogan you would encourage younger students to adopt
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	<ul style="list-style-type: none">- Design an infographic or leaflet with information and issues relating to peer pressure. Consider giving this to a younger student in the school to help them navigate the issues.- Host a podcast conversation with a member of your group on the issue of resisting peer pressure. How can you incorporate your own stories of successes and failures in these areas? You can link the conversation to the character virtues you discussed earlier in the lesson.
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