USC 7.6 Peer Pressure

**USC 7.6 Demonstrate interpersonal skills, including assertiveness skills, to effectively and skillfully manage peer pressure (e.g., alcohol and drug, exclusionary behaviours, family expectations, academic pressures, rules/laws)**

**Big Idea:**

All people experience peer pressure.

Peer pressure can be both positive and negative.

Who tells me who I am?

The types of peer pressure you encounter may change as you age.

**Unpacking:**

 Demonstrate interpersonal skills

 Manage peer pressure

**Essential questions:**

* What skills do you need to make the decisions you can live with?
* How do you hold true to your ideals?
* What are characteristics of peer pressure?
* What are various assertiveness skills?
* How can you resist peer pressure? When do you not need to?
* How can I stand up for what I believe and still keep my friends?

**Enduring Understanding:**

**Students will understand that:**

* Peer pressure affects our lives.
* The choices we make as a result of peer pressure will determine our life path.
* There are skills to that can be practiced that can change the manner in which you deal with peer pressure.
* Peer pressure is complicated and can look different ways in different situations.
* Not all peer pressure is bad.
* It is possible to stand up for our beliefs and still have friends.

**Students will be able to do:**

Locate sources and evaluate information about interpersonal skills.

Analyze peer norms and trends and reflect on the consequences on following or resisting them.

Compare the traits of a friend and those of a valued peer-group member.

Examine how peer pressure can be positive or negative.

Examine the similarities and differences in peer pressure faced by different genders, socio-economic backgrounds, family structures, sexual orientations, ages, and cultures.

Resisting peer pressure takes personal commitment, skill and practice.

Demonstrate ways to respond to or prevent harassment.

Stand up for others, practice inclusionary behaviours, and refrain from ridicule.

Describe and practice a minimum of five strategies to prevent peer pressure (physical confidence, say no and leave, provide a reason or an excuse, offer an alternative, use humour)

Define passive, assertive, and aggressive, and describe related behaviours.

Analyze the traits of assertive people in order to practice them.

Assess the importance of avoiding negative peer pressure/attachment for the sake of belonging.

Create an action plan based on improving relationships

Reflect on progress

**Students will know:**

Vocabulary: assertive, aggressive, commitment, harassment, interpersonal, norm, trend, gender, socio-economic, orientation, ridicule, passive, belonging

Assertiveness skills

Five methods of handling peer pressure

Ways to recognize peer pressure

Their own belief systems

Ways to communicate effectively

Steps for creating and following through on an action plan