

Peer Pressure? Own Your Strategy

Outcomes

USC7.1 Establish and use strategies to commit to and act upon personal standards for various aspects of daily living over which an individual has control.

USC7.6 Demonstrate interpersonal skills, including assertiveness skills to effectively and skilfully manage peer pressure (e.g., alcohol and drugs, exclusionary behaviours, family expectations, academic pressure, rules/laws).

Indicators

USC7.1(C) Analyze when personal standards may be reinforced or challenged.

USC7.6(B) Analyze peer norms and trends and reflect on the consequences of following and/or resisting them.

USC7.6(I) Describe and practise a minimum of five strategies to resist peer pressure (e.g., demonstrate physical confidence, say no and leave, provide a reason or an excuse, offer an alternative, use humour).

Refer to the background information pages on:

- Refusal Techniques
- Smokeless Tobacco
- Tobacco
- Tobacco Addiction

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Activity

1. Have students review the various types of tobacco products.
2. Discuss refusal techniques.
3. Have students go through the two scenarios.

Scenario #1

You and your friend just won the big sports tournament for your league. To celebrate, your friend offers you a cigar.

- Demonstrate how you would respond to the scenario by using assertive skills that effectively and skilfully manage peer pressure. Demonstrate and respond to a variety of refusal techniques through writing, acting or visually creating your message.
- Reflect on the consequences of smoking a cigar. Also reflect on any potential consequences to resisting your peer's/team mate's offer (keep in mind what traits you believe are important in a friend). Research and analyze what percentage of Canadian youth your age use tobacco products. Identify the differences among other age groups. Have the norms and trends around the use of tobacco products changed in the last twenty years? Why or why not? What are some personal reasons why you would not use tobacco products? Why are these reasons important to you?

Scenario #2

You and a friend are walking your dog on a Saturday afternoon. You notice a group of kids from school who are trying smokeless tobacco and you stop to talk to them. You and your friend are offered some smokeless tobacco and your friend reluctantly accepts. What would you do?

- Review the refusal strategies and demonstrate various ways to respond.
- Identify what refusal techniques your classmates demonstrate.