



# Living in Safety and Stability





# 6

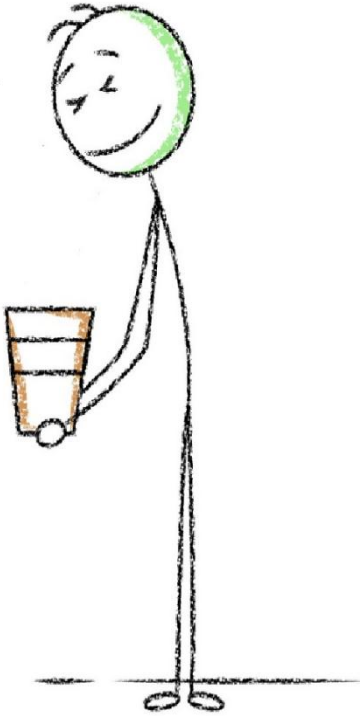
**Purpose:** To provide participants with the skills, knowledge and confidence to recognise and say no to negative peer pressure.

**Participant learning objectives:**

1. Understand what we mean by peer pressure and how it may present itself
2. Gain more confidence to say no to peer pressure
3. Believe in your ability to make the correct decisions

CONTENT	METHODS/ RESOURCES <i>Slides 86-92 can assist with this session.</i>	APPROX. TIME
<b>What is Peer Pressure?</b>	<p>Inform participants of the purpose of today’s session – to provide them with the skills, knowledge and confidence to recognise and say ‘no’ to negative peer pressure. Highlights that we all experience peer pressure throughout our lives, even as adults. We need to develop the confidence to say ‘no’ to things we do not want to do.</p> <p>Go through slide 88 at a pace that is suitable for your group. Ask participants to think of a time that someone may feel pressured e.g. salesperson at the door may make an adult feel pressured into buying a service/commodity; a game of ‘Knock, Door, Run’ may make a child feel pressured into doing an activity they don’t want to do.</p>	10 minutes
<b>Drama – Peer Pressure In Action.</b>	<p><b>Resources:</b> <b>Drama scenarios</b></p> <p>Split participants into small groups of 3-5, depending on overall group size. Give each group one scenario card. Ask the group to work together to act out the scenario and what might happen next. Showcase each drama to the rest of the group.</p> <p><b>Debrief:</b> Would they be confident dealing with these situations themselves? Why/ why not? How could we be more assertive and say no? Use slide 90 to prompt participants.</p>	30 - 50 minutes

<p><b>Option 1</b> <b>Art – Believe in Yourself</b></p> 	<p><b>Resources:</b> Wooden plaques X number of participants Wire X number of participants 2 buttons X number of participants Positive quotes PVA glue &amp; Art materials – paints/ glitter/ markers etc...</p> <p>Ask participants to design their own plaque to hang in their own personal space. They can stick on positive quotes (using PVA glue) or they can write/ draw their own.</p> <p>Tell participants that the number one rule to saying no, is to be sure of yourself and to believe in yourself. Remind participants to use a quote that resonates with them, which will help them and is affirmative for them.</p> <p>Showcase participants work across the group.</p> <p><b>Debrief:</b> How do you feel after completing this exercise? Why did you choose the quote you did?</p>	<p>40 -60 minutes – Allow 1-2 hours for paint to dry</p>
<p><b>Option 2</b> <b>Art – Believe in Yourself</b></p>	<p><b>Resources:</b> Terracotta pots X number of participants (must be terracotta to allow paint to stick and fast drying time) Positive quotes printed on tag sized card Paint X variety of colours Variety of napkins e.g., birds, flowers, spiders, music etc. Raffia PVA glue Scissors Recycling pots for paint/ glue/ water Paint brushes</p> <p>Tell participants that they will be designing their own personal pot to utilise how they wish e.g., pencil pot, indoor plants etc. Provide participants with one pot each.</p>	<p>60-90 minutes</p> 

	<p><b>Steps to making your own decoupage terracotta pot:</b></p> <ol style="list-style-type: none"> <li>1. Select a napkin design</li> <li>2. Cut around the pieces of the napkin you wish to use – ensure to leave approx. 2cm gap around the item you wish to stick on to your pot. If using 3-ply napkins, remove the second and third layer.</li> <li>3. Select a paint colour as close as possible to the colour of the napkin</li> <li>4. Paint your pot using that colour – apply thick so pot is covered. Paint the rim (you do not need to paint the bottom or the inside of the pot).</li> <li>5. Paste a small amount of PVA glue onto the pot – where you would like to stick your napkin piece</li> <li>6. Stick on and paste gently with a small amount of PVA glue over the edges</li> <li>7. Repeat for all other pieces of napkin you wish to apply (remember to remove 3-ply layers)</li> <li>8. Once your pot is complete, knot a string of raffia around the top.</li> <li>9. Punch a hole in your positive quote tag, and thread it through.</li> <li>10. Tie the raffia in a bow.</li> <li>11. Take photos/ showcase your pot to the group.</li> </ol> <p>Tell participants that the number one rule to saying no, is to be sure of yourself and to believe in yourself. Remind participants to use a quote that resonates with them personally and one which will help do so.</p> <p><b>Debrief:</b> How do you feel after completing this exercise? Why did you choose the quote you did?</p>	
<p><b>Check-Out/ Evaluation</b></p>	<p><b>Resources:</b>  <a href="#">Informal evaluation ideas</a>                  Choose an activity from the list provided.</p>	<p>10 minutes</p>

# Drama Scenarios

## Group 1: Act out the scenario and what happens next...

Jake: Look at that kid. He's such a loser!

Nathan: Who?

Jake: That new kid. What's he even wearing anyway? That shirt is so dumb.

Nathan: He's alright. He's just quiet.

Jake: He's alright? Did you see him in P.E.? He's the whole reason we lost today. I was talking with the guys, and we think we're going to have to teach him a lesson.

Nathan: What kind of lesson?

Jake: You know. Just scare him a little on the bus ride home today. You in?

Nathan: I don't know. I think we should just leave him alone.

Jake: You're such a chicken, Nathan. Are you worried about getting in trouble? Because that bus driver is like 90 years old.

There's no way he'll know.

Nathan: It's not that. It's just that ...

Jake: Just that what? You'd rather hang out with that loser than us?

Fine. I'll find someone else to go to the game with me this weekend.

Nathan: That's not what I said, OK?

Jake: Wow, Nathan. You used to be so cool. Now you're like my little sister or something.

Are you with us today or not?



## Group 2: Act out the scenario and what happens next...

Sophia: I wish you would try out for the school musical with me.

Mia: But I don't sing. I play basketball.

Sophia: Who says you can't do both? Besides, I've heard you sing. I know you have a great voice.

Mia: Me? No, I don't.

Sophia: Yes, you do. You have a beautiful voice. You just try to hide it.

Mia: Well, it's embarrassing to sing in public.

Sophia: Why is it any different than making a jump shot in front of hundreds of people?

Mia: I don't know. It just is.

Sophia: Well, it can't hurt to try, can it? Plus, Rachel and Emma are already going. It would be so cool for all four of us to do it together.

Mia: What if I mess it up?

Sophia: I'm pretty sure you won't mess it up. But if you do, I'll buy you a milkshake to make you feel better.

Look, just think about it, OK? And stop worrying so much. It'll be fun!



### **Group 3: Act out the scenario and what happens next...**

Molly: Here, run into that shop there, grab me a few packets of chewing gum. They'll not see you. Just put them in your coat pocket quickly.

Aidan: What if they do see me? I'll be grounded again if I'm caught.

Molly: You won't get caught. I've done it loads of times. Besides, there's no cameras in that shop anyway.

Aidan: Erm, I'm not sure...

Molly: Ack seriously, it's only chewing gum! Not as if I'm asking you to steal anything big!

Aidan: I know but...

Molly: Look, I would do it but that's my next-door neighbour in that shop. She hates me.

Aidan: Would it not be better if I run home here, and see if I can get some money from the house? I'm sure I've a few quid in my room.

Molly: Ack just forget about it Aidan. Why do you always have to let me down?

### **Group 4: Act out the scenario and what happens next...**

Rory: Here look what I managed to get my hands on this morning... I stole it from my brother's blazer.

Susan: Jez Rory. What are you doing with that? And you brought it into school!?

Rory: Sure, it's a laugh. Who's going to catch me anyway...

Susan: The teacher for one, your brother, your parents!

Rory: Ack I'll worry about that later. Here, you have a wee go, don't be a loser...

Susan: Ugh no! I detest the smell of that stuff! The only loser around here will be you when you either get caught or get sick. I don't get this whole craze around vaping and smoking!

Rory: Cause it's cool, all the seniors...

Susan: Well, if it's 'cool' to vape or smoke I guess I'm not one of the cool ones then... Here I've to get back to class, see you around Rory.