



Name: _____

Date: _____

Scene 2

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

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

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

Maia: Me? No, I don't.

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

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

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

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

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

Maia: What if I bomb?

Sofia: I'm pretty sure you won't bomb. 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!

Who's doing the pressuring?

What kinds of words is she using to do it?

What effect might those words have?

Is influence being used in a positive or negative way?



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Great Escapes

Instructions: When peer pressure comes knocking, it's a good idea to have a few responses ready to help you "escape." Read the following scenarios and write three comebacks for each to get you out of the sticky situations.

Example

You're at a convenience store, and a friend stuffs a bag of chips into your coat pocket.

1. "Dude, really? I'm not a thief."
2. "No way - my parole officer said one more strike and I go away for a long time."
3. "All this junk food must be going to your brain. I'm putting it back."

Dude,
really?
I'm not
a thief.

All this junk
food must be
going to
your brain.

You have a math test in 7th period. Your friend, who had the same test in 3rd period, steals a copy and offers it to you.

1. _____
2. _____
3. _____

Your friend wants you to pretend you're her mom and call in sick for her so she can cut school.

1. _____
2. _____
3. _____

Your friend thinks it would be funny to block up a toilet in the boys' bathroom.

1. _____
2. _____
3. _____

You've had a bad day and your friend says he has just the thing to help you feel better: a joint.

1. _____
2. _____
3. _____

Your friend shows you an inappropriate picture of the girl who just broke up with him. He wants you to forward it to everyone you know.

1. _____
2. _____
3. _____



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Quiz

1. Your peers are:

- a) people about your own age
- b) your parents
- c) your teachers
- d) kids you babysit

2. True or false: Peer pressure is always bad.

3. Peer pressure can influence:

- a) clothing styles
- b) hairstyles
- c) taste in music
- d) all of the above

4. List three things friends might do to try to get kids or teens to do what they want. _____

5. List three reasons why people might give in to peer pressure. _____

6. List four ways friends can be a bad influence on each other. _____

7. List four ways friends can be a good influence on each other. _____

8. True or false: Kids and teens can pressure each other without even speaking.

9. All of the following are examples of body language that can make someone feel excluded except:

- a) hugs
- b) eye-rolling
- c) pointing and giggling
- d) turning away

10. Personal qualities that can help people resist negative peer pressure include:

- a) speed and agility
- b) self-confidence and assertiveness
- c) nice smile and lustrous hair



Quiz Answer Key

1. Your peers are:

- a) people about your own age
- b) your parents
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- d) kids you babysit

2. True or false: Peer pressure is always bad.

3. Peer pressure can influence:

- a) clothing styles
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- d) all of the above

4. List three things friends might do to try to get kids or teens to do what they want. Any three of the following: tease, call names, say they're not cool, threaten, exclude from group, ignore, etc.

5. List three reasons why people might give in to peer pressure. Any three of the following: to seem cool, to seem brave, to get in with a group of friends, to impress others, etc.

6. List four ways friends can be a bad influence on each other. Any four of the following: they can encourage each other to smoke, drink, try drugs, be sexually active, cheat, lie, steal, bully, be lazy, not do their homework, etc.

7. List four ways friends can be a good influence on each other. Any four of the following: they can encourage each other not to engage in drinking, smoking, drugs, and sexual behaviors; they can encourage each other to work hard in school or sports; try a positive new activity; volunteer; believe in themselves; be kind; be physically fit; be honest; etc.

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10. Personal qualities that can help people resist negative peer pressure include:

- a) speed and agility
- b) self-confidence and assertiveness
- c) nice smile and lustrous hair