



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Peer pressure is the natural influence groups of people have on each other. It can be a force for good or bad, and either way, it can be powerful. Help your students learn to think critically about the positive and negative effects of peer influence with these activities.

## Related KidsHealth Links

### Articles for Teens:

#### Peer Pressure

[TeensHealth.org/en/teens/peer-pressure.html](http://TeensHealth.org/en/teens/peer-pressure.html)

#### Assertiveness

[TeensHealth.org/en/teens/assertive.html](http://TeensHealth.org/en/teens/assertive.html)

#### Coping With Cliques

[TeensHealth.org/en/teens/cliques.html](http://TeensHealth.org/en/teens/cliques.html)

#### How Can I Improve My Self-Esteem?

[TeensHealth.org/en/teens/self-esteem.html](http://TeensHealth.org/en/teens/self-esteem.html)

#### Alcohol

[TeensHealth.org/en/teens/alcohol.html](http://TeensHealth.org/en/teens/alcohol.html)

#### Drugs: What You Should Know

[TeensHealth.org/en/teens/know-about-drugs.html](http://TeensHealth.org/en/teens/know-about-drugs.html)

#### Smoking

[TeensHealth.org/en/teens/smoking.html](http://TeensHealth.org/en/teens/smoking.html)

#### Shoplifting

[TeensHealth.org/en/teens/shoplifting.html](http://TeensHealth.org/en/teens/shoplifting.html)

#### I'm Not Ready for Sex But I'm Feeling Pressured. Should I Give In?

[TeensHealth.org/en/teens/not-ready.html](http://TeensHealth.org/en/teens/not-ready.html)

#### Should I Send My Boyfriend Naked Pictures?

[TeensHealth.org/en/teens sexting.html](http://TeensHealth.org/en/teens sexting.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What kind of influence do peers have over each other? Why do some teens seem to be more susceptible than others to such pressure?
2. We hear a lot about negative peer pressure. But many experts would argue that positive peer pressure is just as powerful. Give some examples of positive peer pressure. Have you ever seen it in action?
3. Is it easier to stand up to friends or to strangers when you disagree? Have you ever lost a friend or a group of friends over peer pressure?
4. How do technology and social media affect the way people influence each other?
5. What advice would you give to someone dealing with negative peer pressure?













## Quiz Answer Key

1. Peers are:

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

2. True or false: Peer pressure ends after high school.

3. Peer pressure can influence:

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

4. List three things teens might do to try to get friends 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 five ways friends can be a bad influence on each other. Any five 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 five ways friends can be a good influence on each other. Any five 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.

8. True or false: 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