

Month(s) to be completed: Any

Duration: 1 Session, 45 minutes

**Christina School District  
Secondary Guidance Best Practices  
Programs and Activities**

**Title of Activity:** Positive & Negative Peer Pressure      **Grade Level(s):** 9-12

**Standard Competency Addressed (list all by Standard/Competency #):**

PS:A1.1-8; PS: A2.1-3; PS:A2.6-7; PS:B1.1-3; PS:B1.5; PS:B1.7; PS:C1.2; PS:C1.5-11;

**Superintendent's Performance Target Addressed:**

Safe and Orderly Environment

**Resources/Materials Needed:**

Book & Worksheets: Individual Counseling Lessons for Adolescents 7-12 (Bowman/Bowman)

***Procedures/Lesson Plans (See Back of Form)***

**Benchmark/Goal of Activity:**

Students will learn and practice strategies for recognizing and coping with both positive and negative peer pressure.

**Evaluation (means of determining if benchmark/goal has been met or is in progress):**

In class demonstration of the use of strategies to resist peer pressure.

**Comments:**

Book listed under resources is available in the Student Services office at the Drew Educational Support Center and is available to borrow for up to two weeks.

**Submitted by:**

**Name:** Ray Gray

**School:** Shue Medill

## Procedures/Lesson Plans

**Please provide a brief description of how this program/activity works and of any essential factors to its success:**

Tell a peer pressure story from your experience as a counselor. Discuss ways of how things could have been done differently in the story. Do the activity from the book. Have students break into groups and create a brief skit and have each group perform it in front of the class. If time permits, each group can show an example of positive and negative peer pressure.