

# Popping Peer Pressure

## Role Play

Directions: Use the following scenarios as an exploration of peer pressure. Cut apart and roll tightly so that you can slip each one into a deflated balloon. Inflate the balloons and then have the children choose one, pop it, and respond to the scenario individually or in small groups. For older children it might be fun to have a few balloons with blank scenarios so that they can create their own situations. Review the EARNEST strategies for managing peer pressure. Remind the children that just like popping the balloon to release the pressure, they can also use these strategies to “pop” the negative pressures of peers. Adapt this activity as needed.

#1

You and your friends are playing at the playground. As everyone runs towards the swings, one person gets tripped and falls down. He/she starts to cry. The rest of the group laughs and runs on. What will you do? Why?

#2

You knew your homework was due today, but yesterday you played with a friend instead of doing it. Now the teacher is asking the homework to be passed in for marking. The girl who sits in front of you offers to let you copy her answers. What will you do? Why?

#3

Your best friend tells you a secret and asks you not to share it with anyone. A popular student wants to know the secret and tells you that if you will share the secret, he/she will give you a candy bar. What will you do? Why?

#4

Everyday after school, a few students approach you to join their club. As a group, they have a lot of power in the school community because they volunteer for many good causes like cleaning up the playground and helping with the monthly book fairs. You know that they don't always follow the rules and they have been mean to particular students in the school. What will you do? Why?

#5

You have just arrived at the amusement park where you and some friends will spend the afternoon. You enjoy most of the rides, but you are afraid of heights and try to avoid rides that are really high. Before long, someone suggests getting tickets to ride the roller coaster. Everyone agrees and they excitedly run towards the roller coaster. What will you do? Why?

#6

You are eating lunch with a group of your peers. One of your friends offers everyone a raisin cookie. You hate raisins. Everyone else takes a cookie and comments how delicious it is. What will you do? Why?