**‘Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***What Would You Do?***

**Directions:** Read the following passage and answer the questions that follow.

Handling peer pressure is a common challenge most students face. Peer pressure can take many different forms and be either positive or negative. As you’ve learned in previous lessons, handling peer pressure in negative situations can be tricky for many different reasons. Most importantly, go with your gut and make decisions that align with your values to avoid any regrets later.

Here are some examples of ways to respond to your friends and remove yourself from peer pressure:

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| --- |
| **Different Ways to Say “No, thanks.”** |
| **Say It.**  Let your friends know you aren’t interested without judging their decision. Try using as few words as possible; it’ll make your message more powerful. |
| **Suggest It.**  Instead of making a questionable choice, suggest a different and more appropriate activity. |
| **Name It.**  Explain why you’re choosing to do something different in a simple, clear way that is based on facts. |
| **Ignore the pressure and walk away.**  If your friends aren’t responding to you, continue to pressure you, or you feel uncomfortable, you may need to walk away and remove yourself from the situation. |

***What Would You Do?* Reflection Questions**

**Directions:** In your neatest handwriting and in complete sentences, answer the following questions:

1. Read the following scenario. Using the table on page 1, script how you could respond.

|  |
| --- |
| **Scenario:** Saturday afternoon you receive a text message from a classmate because they’ve figured out how to improve their grades, without studying. You’re feeling a little confused, but a little curious too. How are they going to make that happen? Your friend tells you they’ve found your teacher’s account information, including how to log-in to the school’s system and change grades. They ask if you’re in… |

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1. Read the following scenario. Using the table on page 1, script how you could respond.

|  |
| --- |
| **Scenario:** You’ve been dreading your upcoming History assessment since you’ve heard about History is your most challenging subject and the tests are always a killer. While you’re eating your lunch and using your final History-free moments to dread the test, a close friend approaches you. You think they’re sitting down to empathize with you about how hard the test will be, but instead they show you a scrap of paper with multiple choice answers listed. They offer to “help” you with the test and hand you the paper. |

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**Stamp Your Learning for *What Would You Do?***

**Directions:** Answer the following questions in complete sentences.

1. Your answers to the questions above is one example of how to practice different ways of saying “no.” How could practicing these strategies beforehand help you handle peer pressure, in the moment?

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1. What impact could appearing confident (when saying “no”) have on peers who are pressuring you?

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1. Choose one the scripted you drafted above. Practice reading the script aloud to yourself (or record yourself reading the script aloud.) After practicing, describe how confident you seemed when seaking. What is one way you could demonstrate more confidence in the future?

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