

The Character Curriculum

Flourishing for Life



<p>Y4: Peer pressure L3 – Top tips</p>	<p>Learning Objective:</p> <ul style="list-style-type: none"> - Identify techniques to stand up to peer pressure 	<p>Key vocabulary: Drop out, medalist, strategies, effectively, bystanders, techniques, defensive, aggressive, stand up to. courage, respect, confidence, resilience</p>
<p>Resources: PPT Copies of Helen Glover news article Internet access Peer pressure scenarios from lesson 1.</p>	<p>Statutory links: SMSC Links (taken from the OFSTED Inspection handbook 2018) Pupils should: Understand the consequences of their behaviour and actions</p> <p>Heath and Relationships Education (non statutory draft guidance 2018) Pupils should know:</p> <ul style="list-style-type: none"> - How to recognise when a friendship is making them unhappy or uncomfortable, how to manage these situations and how to seek help or advice if needed. - The importance of respecting others even when they are very different from them, or make different choices or have different preferences or beliefs. 	
<p>Key questions:</p> <p>How might peer pressure make girls drop out of sport?</p> <p>Why is this damaging?</p> <p>What can we do about it?</p> <p>What can you do when you are experiencing peer pressure?</p> <p>How did you find standing up to peer pressure?</p>	<p>Learning activities:</p> <p>Starter: Girls in sport Show children the statement ‘peer pressure makes girls drop out of sport.’ Discuss:</p> <ul style="list-style-type: none"> - How might this be the case? - Have the girls ever experienced this? - How does it make you feel? - What could we do about it? <p>You might want to look at the This Girl Can campaign: http://www.thisgirlcan.co.uk/</p> <p>Look together at the following article: https://www.telegraph.co.uk/women/womens-life/9626762/Olympic-gold-medallist-Helen-Glover-Young-girls-face-peer-pressure-to-drop-out-of-sport.html</p> <p>Look at how peer pressure could have stopped Helen from becoming an Olympic gold medalist. How did she overcome this? What virtues did she show?</p> <p>Activity 1: Resisting peer pressure</p>	

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<p>What techniques did the people putting pressure on you use?</p>	<p>What can you do when you are feeling peer pressured?</p> <p>There are some tips here: https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-peer-pressure or you could watch the video here: https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/</p>
<p>What techniques did you use to resist?</p>	<p>Discuss as a class and make a list of strategies.</p>
<p>Which techniques were the most effective?</p>	<p>Which virtues do you think you need to use to deal effectively with peer pressure? Virtues are like muscles, the more you practice using them, the better you will be at using them when needed.</p>
<p>Which techniques were less effective? Why?</p>	<p>Activity 2: Role plays Use the scenarios from the last lesson and split the class into groups of 4.</p>
	<p>In each group, you need to role play one of the scenarios with 1 person being pressured, 1 person putting pressure on and 2 by standers.</p>
	<p>The bystanders must begin by listening but then take a side to join in. Children then choose a different scenario and swap roles.</p>
	<p>Lead a discussion about children's experiences of doing the role-play. How did you find standing up to peer pressure? What techniques did the people putting pressure on you use? What techniques did you use to resist? Which techniques were the most effective? Which techniques were less effective? Why?</p>
	<p>Plenary: What would happen if:</p> <ul style="list-style-type: none">- You are too defensive and apologise for saying 'no.'- You say no aggressively to a friend?