

## Activity #20: Understanding Peer Pressure

Purpose: This activity is designed to get students to understand peer pressure and to think about ways to handle it.

### What You Need to Do:

1. Have your student get a pencil and a piece of paper.
2. Discuss the concept of peer pressure—both negative and positive—with your student.
3. Start by telling your student that we have all encountered times when friends have tried to persuade us to do things we have not been comfortable doing.
4. Explain that sometimes resisting pressure from friends is difficult.
5. Emphasize that developing positive ways to deal with peer pressure from friends can make things much easier.

### What Your Student Can Do:

1. Have your student identify a peer-pressure situation from his/her own experience.
2. Have your student create a "peer pressure log" by dividing a page into the following five sections:
  - a. Section 1: Who pressured you?
  - b. Section 2: What activity/behavior were you being pressured to do?
  - c. Section 3: What arguments did the person(s) pressuring you use?
  - d. Section 4: How did you respond? If you tried to resist, what did you say or do?
  - e. Section 5: What might you say or do in the future to resist peer pressure?
3. Ask your student to fill in the first four sections of the log.
4. Help your student generate positive ways of dealing with similar peer pressure in the future.
5. Praise your student when he/she resists the pressure of friends and peers.

### Follow-Up:

1. Help your student identify friends who are positive influences.
2. Practice refusal skills with your student, so that he/she is prepared to refuse alcohol or getting into a car when the driver is drunk.
3. Take turns playing the role of the person pressured to demonstrate refusal methods.

**Activity #2 I: What Would You Do?**

1. Here are a few interesting situations that you can discuss with your student to get him/her to think about "doing the right thing" in situations that call for quick decisions.
  2. Read each scenario to your student and ask for an answer.
  3. Ask your student to think about the values that are expressed by way of his/her answers.
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1. You are going over to your friend's apartment building, and as you walk into the courtyard, you see your friend and another person climbing out of the basement window with an electric drill. The janitor comes running around from the back and stops all three of you. He asks whether you saw the others climb out of the window. What would you say?
  2. You and a friend go to a party, at which most of the kids are two years older than you. When you get there, some of the other kids start teasing your friend, but they don't know you're with him. What do you do?
  3. You are taking a test and you notice that a cute boy (girl), whom you have been trying to get to notice you, is sitting next to you. You notice that he (she) is copying your test answers and that the teacher is walking up and down the aisle. What do you do?
  4. You are baby-sitting and you have been told not to let anyone in the house. Two very good friends come by and want to come in. You know nothing bad could possibly happen. What do you do?
  5. You are eating dinner at a friend's house, and his mother serves you this horrible-looking, smelly stuff. Everyone is sitting around the table enjoying it. What do you do?

**Activity #22: Learning Self-Control**

1. To talk to your student about the importance of self-control, locate three articles in the newspaper about real people who have exercised self-control.
2. Ask what self-control means to your student and ask him/her to write down what would have happened to these three people if they had not exercised self-control.

1.

2.

3.

# MODULE 4: SELF-DISCOVERY

## Activity #23: Are You a Creator?

1. Creators like to compose music, write books, and interpret the world in new ways.
2. Think of the best ways to utilize these answers to encourage your student to use his/her talents as a creator in school and in life.

	YES	NO
1. Do you like to use your imagination?	_____	_____
2. Do you like to make up new ideas?	_____	_____
3. Are you good in art, music, or writing stories, poetry, etc.?	_____	_____
4. Are you a self-starter?	_____	_____
5. Do you like to try new things?	_____	_____
6. Can you communicate with people by doing something in music or art?	_____	_____
7. Do you like to see different people in different places?	_____	_____
8. Do you like to take ideas and make up songs, artwork or stories about them?	_____	_____
9. Do you often decide things without looking at the facts?	_____	_____
10. Do you make pictures or words in your mind when others talk?	_____	_____
11. Do you enjoy working with others to brainstorm ideas?	_____	_____
12. Do you enjoy music and plays?	_____	_____

### Activity #24: Are You a Doer?

1. Doers are people who like to work out-of-doors with plants and animals, who are inclined to work with tools, and who are often described as athletic, reserved, or quiet.
2. Have your student answer the questions on this worksheet.
3. As you listen to the comments, think of the best ways to utilize these answers to encourage your student to use his/her talents as a doer in school and in life.

	<b>YES</b>	<b>NO</b>
1. Do you work well with your hands?	_____	_____
2. Do you like to be outdoors?	_____	_____
3. Do you enjoy working with tools?	_____	_____
4. Do you enjoy taking apart and reassembling mechanical things?	_____	_____
5. Do you enjoy working with plants or animals?	_____	_____
6. Would you prefer physical activity instead of working at a desk?	_____	_____
7. Do you like playing sports?	_____	_____
8. Is keeping in shape important to you?	_____	_____
9. Are math, physical education, and crafts things you do best?	_____	_____
10. Can you follow directions and read diagrams for putting things together?	_____	_____
11. If someone explains how to operate something, do you learn quickly?	_____	_____
12. Do you like to work with people as part of a team?	_____	_____
13. Do you understand things better when you see pictures and drawings instead of reading about them?	_____	_____

### Activity #25: Are You a Helper?

1. Helpers like to work with people, like to communicate with others, are interested in teaching and/or caring for others, and are often described as outgoing.
2. Have your student answer the questions on this worksheet.
3. As you listen to the comments, think of the best ways to utilize these answers to encourage your student to use his/her talents as a helper in school and in life.

	YES	NO
1. Do you like to work with people?	_____	_____
2. Do you like doing volunteer work?	_____	_____
3. Do you like to make new friends?	_____	_____
4. Do your friends come to you with their problems?	_____	_____
6. Do you like to teach others how to do things?	_____	_____
7. Do you like to go to parties or have parties?	_____	_____
8. Do you like English and Social Studies?	_____	_____
9. Can you tell what people are really like?	_____	_____
10. Are you good at dealing with people older than you?	_____	_____
11. Do you enjoy being a member of clubs and working in club activities?	_____	_____
12. Would you rather "do good" than make a lot of money?	_____	_____
13. Are you good at explaining things to people?	_____	_____
14. Do you like to work at jobs just for the fun of it when no one knows you've done them?	_____	_____

### Activity #26: Are You an Influencer?

1. Influencers like to work with other people, influence other people, lead other people, manage money or companies, work in sales, and are often described as outgoing.
2. Have your student answer the questions on this worksheet.
3. As you listen to the comments, think of the best ways to utilize these answers to encourage your student to use his/her talents as an influencer in school and in life.

	YES	NO
1. Do you like to discuss your reasons for things with others?	_____	_____
2. Have you ever been elected to be an officer in a club?	_____	_____
3. Do you like to sell things?	_____	_____
4. Do you take charge in a group?	_____	_____
5. Do you do well in Social Studies or English?	_____	_____
6. Do you enjoy working with people?	_____	_____
7. If you have a choice, do you usually sit in the front of the class?	_____	_____
8. Do you like to do crossword puzzles?	_____	_____
9. Do you get good grades on your creative writing?	_____	_____
10. Do groups of other people ask you to speak for them?	_____	_____
11. Do you like to read?	_____	_____
12. Do you want to make a lot of money and be respected by others?	_____	_____
13. Would you like to have your own business or be president of a company?	_____	_____

**Activity #27: Are You an Investigator?**

1. Investigators like to investigate, evaluate, and solve problems.
2. Have your student answer the questions on this worksheet.
3. As you listen to the comments, think of the best ways to utilize these answers to encourage your student to use his/her talents as an investigator in school and in life.

	<b>YES</b>	<b>NO</b>
1. Do you enjoy working on puzzles?	_____	_____
2. Do you like to read books and magazines about science?	_____	_____
3. Are you usually curious about how things work?	_____	_____
4. Do you do better in math and science?	_____	_____
5. Can you work on a problem a long time until you find the answer?	_____	_____
6. Do you enjoy helping other people with their problems?	_____	_____
7. Do you like to work alone?	_____	_____
8. Do you try to find better ways to do things?	_____	_____
9. When someone tells you that something is impossible to do, do you want to try to find a way to do it?	_____	_____
10. When you are putting something together and a part is missing, do you find something to take its place?	_____	_____
11. Do you enjoy mystery stories?	_____	_____
12. Do you like finding out about new things?	_____	_____
13. Do you like working with numbers and charts?	_____	_____

### Activity #28: Are You an Organizer?

- Organizers like to work with numbers, facts, and data. They also like to handle details and follow instructions. They are often somewhat reserved.
- Have your student answer the questions on this worksheet.
- As you listen to the comments, think of the best ways to utilize these answers to encourage your student to use his/her talents as an organizer.

	<b>YES</b>	<b>NO</b>
1. Do you enjoy keeping your schoolwork organized and putting things away neatly?	_____	_____
2. Do you prefer working with numbers and facts instead of people?	_____	_____
3. Do you follow instructions well and with enthusiasm?	_____	_____
4. Do you follow other people's plans and do a good job?	_____	_____
5. Do you quickly see things that are different and things that are similar?	_____	_____
6. Do you enjoy helping others get organized?	_____	_____
7. Are math and English your best subjects?	_____	_____
8. Do you complete paperwork and fill out forms quickly and accurately?	_____	_____
9. Do you enjoy working with computers and calculators?	_____	_____
10. Do you like following schedules and routines?	_____	_____
11. Do you solve problems in an orderly way?	_____	_____
12. When you listen, do you hear and remember all the details?	_____	_____