

L.O: To recognise basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong.

Steps for success:

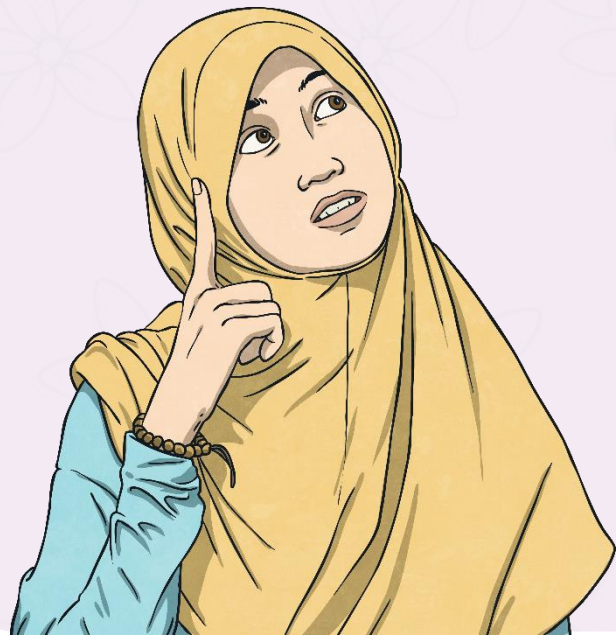
I can explain what a tricky situation is.

I can describe strategies I can use to help me make positive choices and describe how I can apply them.

Do the Right Thing



How can we know
when we might have to
make a different choice
to those around us?



How can we do the
right thing even if
others do not?



Tricky Situations

We can all find ourselves in tricky situations.

Which of the following would you describe as tricky situations?



Your friend invites you to play at their house.

Your friend says you can sit down next to them.

Your friend asks if you want to try something you know you are not allowed to do.

Your friend asks if you want to go shopping with them.



Your friend tells you to run across the grass at school as a dare when you're not allowed to go on it.

Tricky situations are ones which make you feel uncomfortable, ones which are dangerous and ones which involve resisting pressure to do something you feel is wrong.

Doing the Right Thing

If you find yourself in a tricky situation, you need to make sure you feel confident enough to do the right thing.

What could you do if your friends were trying to encourage you to do something that you did not want to do?

Share your thoughts with a partner and then with the class.



Doing the right thing doesn't always feel easy but it is important you make choices which keep you safe, happy and healthy.

Making Positive Choices

How can you make choices which keep you safe, happy and healthy when you are in a tricky situation?



You can remove yourself from the situation. Having a set code with a trusted family member can ensure you can get away from a situation. This might be putting 'xxx' at the end of a text message or having a code word in a phone call. You might also feel able to get away from the situation yourself. Once you are physically away from the situation you can have the space to make your own choice and voice this from a distance.

Making Positive Choices

You can tell a trusted adult.

If you are in a friendship where you are being put in tricky situations, then the friendship itself is unhealthy. By telling a trusted adult about this friendship you will have support and guidance on how to handle the situation.



You can be assertive.

You have the right to make your own choices, no matter who the other person is. If you confidently say what you want to do or do not want to do, then that choice cannot be taken away from you. It can help to practise saying the words aloud beforehand to help you sound strong and confident.



Peer Pressure



Peer pressure is when your friends are influencing the choices and decisions you are making.

In pairs, can you make a role play showing how you could resist peer pressure in one of these situations? Remember to use the strategies you have learnt in today's lesson.

Peer Pressure Scenario 1

One of your friends wants you to exclude someone you get on with. They have told you that if you don't do what they say, they will stop talking to you.

Peer Pressure Scenario 2

You are asked by a group of your friends to have a cigarette with them. You don't smoke. They have told you that nobody will find out.

Peer Pressure Scenario 3

You are walking to the dinner hall when a Primary 7 pupil hands you a mobile phone. They tell you to put it in your bag as they don't want to get caught with it. You say you don't want anything to do with it but they have told you that you have no choice and if you don't they'll beat you up after school.

Peer Pressure Scenario 4

You are playing with a group of your mates at the local park. Your parents know you are there and expect you home at 7pm. It is nearly 7pm and some older people come along. They are the friends of one of your mates and are in 6th year at the high school. They ask you to go to their house to play the latest console. You know your parents will be expecting you home.

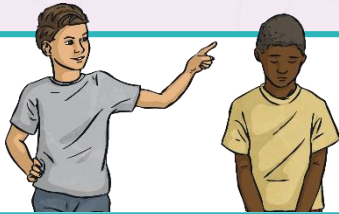
Peer Pressure Scenario 5

You walk into the toilets at break and see one of your friends beating someone up. They see you and tell you that you have to punch the person too. You don't want to but they have said if you don't they will tell the teachers it was you who did it.

Applying Solutions

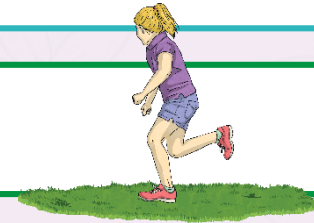


These are the tricky situations we discussed at the beginning of the lesson.




Your friend asks if you want to try something you know you are not allowed to do.

Your friend says you should run across the grass.




Can you now apply one of the strategies from today's lesson to these situations to resolve them?

Doing the right thing doesn't always feel easy but it is important you make choices which keep you safe, happy and healthy.



How can we know
when we might have to
make a different choice
to those around us?



How can we do the
right thing even if
others do not?

How have your
answers changed
since the beginning
of the lesson?

Which strategies
could you see
yourself using in
the future?