

# Peer pressure - why is it so powerful and how can we overcome it?

## STARTER:



Emma's friends have snuck a bottle of pop with vodka in it to school. They are taking it in turns to drink some in the car park. Emma really doesn't want it - it tastes horrid and she doesn't want to get in trouble. Emma still has a sip of it, despite her worries.

**Challenge:** What could the consequences be of what Emma just did? What does Peer Pressure mean?

**More Challenging:** Why did Emma do this, even though she didn't want to? Explain.

**Mega Challenging:** Emma is usually a good student, yet she has taken a really stupid risk. Analyse how powerful peer pressure can be.

# Peer pressure - why is it so powerful and how can we overcome it?

## Learning Outcomes:

Identify strategies to resist peer pressure, and understand reasons why this can be so difficult. Describe the best ways the individuals in particular case studies can resist peer pressure, and explain the meaning of herd mentality.

Explain the difference between herd mentality, herd behaviour and peer pressure, and analyse which strategies will work best in each case.

Peer Pressure - direct influence exerted on people by peers, leading to a change in their attitudes, values, or behaviours to conform to those of the influencing group.

## TASK ONE:

Watch the clip and answer the questions below at your challenge level. <https://www.youtube.com/watch?v=ZA09vyY76g8>

What kind of pressures are students sometimes put under?

What strategies can help?

What happened to the boys that cheated? Was it worth the risk?

What is your 'inner voice' - how can it help?

What is manipulation - how does recognising this is happening help?

How does imagining what your parents/ guardians would say help?

How can having strong self-esteem help you overcome peer pressure?



# TASK 2:



Stuart: 11, plays football in a park near his house most Saturdays. On his way home, one of the lo...  
Rob gets out a pack of cigarettes and starts smoking. Then suddenly his dad walks over. Rob says,  
Here Stuart, cover for me! and throws Stuart the packet of cigarettes. Stuart must think quickl...  
What should Stuart do? Choose one box for your group to write their advice to: then pass it

Stuart: 11, plays football in a park near his house most Saturdays. On his way home, one of the lo...  
Rob gets out a pack of cigarettes and starts smoking. Then suddenly his dad walks over. Rob says,  
Here Stuart, cover for me! and throws Stuart the packet of cigarettes. Stuart must think quickl...  
What should Stuart do? Choose one box for your group to write their advice to: then pass it

Two overlapping worksheets with a grid of boxes for writing advice. The text on the worksheets is partially obscured by the overlapping nature of the pages.

We're now going to examine some case studies.

Read the case studies in your pairs and complete one of the spaces with your advice.

After a few minutes your teacher will tell you to pass it on to the next group. Be prepared to feed back your answers to the class.  
Hint - use the strategies you learned in the video!

Source Extract - 'Mob Mentality' - from the WiseGeek Website

Herd behaviour - why peer pressure can be so hard to resist.

One reason for herd behaviour is that people and animals tend to do what others around them are doing. This usually is because those who join the group in the behaviour figure that if several others are doing something, it must be worthwhile, or they would not be doing it. For example, people figure that a crowded restaurant must be serving good food, or it would not be as busy. In most cases, this thought process comes naturally or subconsciously, which is one reason why animals take part in herd behaviour.

#### Herd Mentality

The term "herd mentality" is often used to something that involves more conscious thought than herd behaviour. This type of mentality can be influenced by things such as peer pressure, conformity, the need for acceptance and the desire for a sense of belonging. These things influence people who are in groups to behave in ways that are similar to others in the group. For example, a person might choose to listen to different music when in a group of friends than he or she would when alone, because the others might make disparaging remarks if another type of music is chosen. Another example might be a teenager who drinks alcohol or smokes cigarettes because of peer pressure from his or her friends.

Other factors come into play when the term "mob mentality" is used to refer to something negative. Two of the main factors are the greater anonymity that exists within a group and the distribution of responsibility for the group's actions. These factors sometimes make a person believe that they can act a certain way within a group and not have the same consequences that the same actions would have if he or she acted alone. For example, if a person is in a group that is vandalizing a building, he or she might believe that there is less of a chance of getting caught than if he or she was acting alone, because it might be difficult to identify every person who was involved. He or she might also feel less guilt because other people also vandalized the property.

Another factor in mob mentality is the sense of confusion or even panic that can exist in a large group. An example of this can be seen when people in crowds suddenly begin rushing in one direction. Although many people in the group might not know why this is happening, they see the urgency in the group and begin rushing in that direction, too. In extreme cases, the urgency and panic

## So why is peer pressure so hard to resist?

### READING ALOUD OPPORTUNITY!



We'll now read a source extract as a class.

**Challenge:** In pairs identify five reasons why peer pressure is so hard to resist according to the article.

Underline the reasons on the sheet and then describe them in your own words in your books.

**More challenging:** Explain why good students often cave in to peer pressure, using quotes from the article explained in your own words.

**Mega challenging:** Explain the difference between herd mentality, herd behaviour and peer pressure. Which of the strategies we've learned about would help us most in each case? Analyse.

## Plenary:

Write down the three best strategies you've learned today for coping with peer pressure. Number them in order of how well you think they'll work for you.

Be prepared to feedback your answer as a lesson exit ticket.



## Learning Outcomes:

Identify strategies to resist peer pressure, and understand reasons why this can be so difficult.

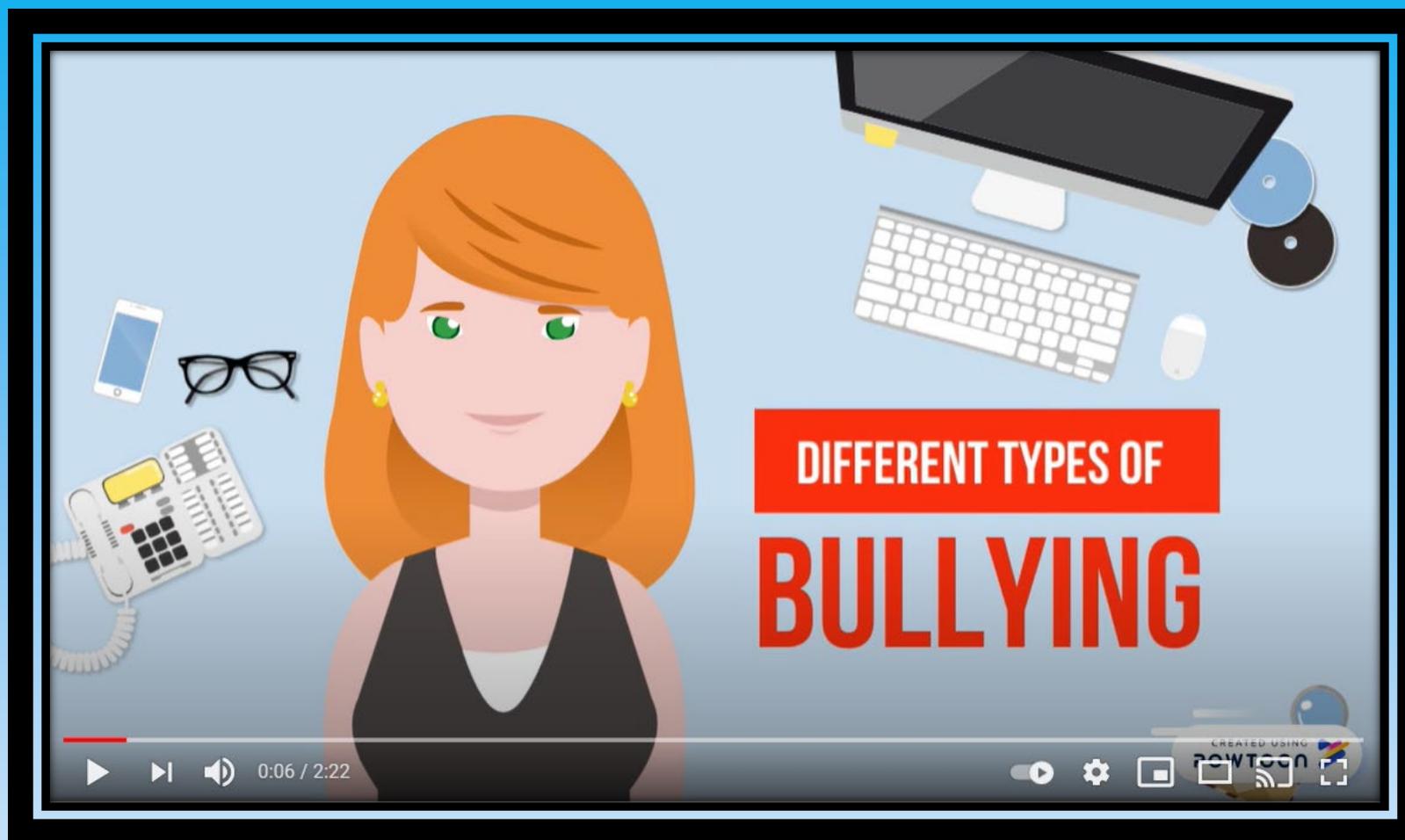
Describe the best ways the individuals in particular case studies can resist peer pressure, and explain the meaning of herd mentality.

Explain the difference between herd mentality, herd behaviour and peer pressure, and analyse which strategies will work best in each case.

# Bullying

We are now going to look at bullying in different forms.

1. In the middle of your page write the word bullying and put a big circle around it (Mind Map)
2. How many different types of bullying can you name? Add them to your mind map.



Add each type of bullying your mindmap if you haven't already got it.

Discuss with your learning partner how each type of bullying could affect the person physically, intellectually, emotionally and socially. I.E If someone is being verbally abused it could cause them to stop eating (physical), not want to go to school (intellectual), cause depression (emotional), and lead them to isolate themselves (social).

Be ready to feed back to the class

## 3 minute challenge

- Add as many suggestions that came from the class discussion about how bullying can affect someone to your mind map. The most answers will get an AP.

# Julie's story

- Watch the video about Julie's experience of bullying and answers the questions below.

<https://www.youtube.com/watch?v=v5Ywngl-OqU>

1. What types of bullying did Julie experience?
2. How did this affect her physically, intellectually, emotionally and socially?
3. Who tried to help her?
4. What did they do to try to help her?
5. How did this help Julie?
6. What might have happened if Julie didn't get help?

# How can we prevent online bullying?

## Key questions:

### **Challenge:**

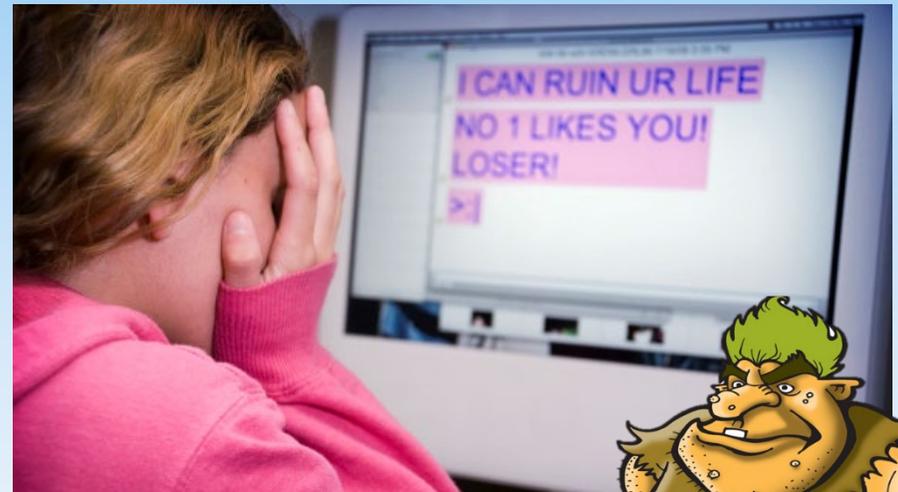
What do the following terms mean when we use the term 'trolling'?

### **More challenging:**

Describe an example of how a person might 'troll'.

### **Mega challenge:**

Explain what measures social media companies have in place to try to prevent trolling.



# What is cyber bullying?



<https://www.youtube.com/watch?v=nbGlwCJK7FM>

Copy the table in your book and complete it whilst you watch the clip.

Be prepared to discuss your ideas.

How people cyber-bully	Why do you think they do it?

**More challenging:** 'bullies normally bully others because they have been bullied themselves'.  
How true is this statement? Discuss.

# What are the different types?



There are many different types of cyber bullying.

You may not even realise some of these are cyber bullying.

You might have done them to friends yourself, for a laugh. They probably weren't laughing.

In pairs, see how many of the different types of cyber bullying you can match up to their definitions.



Description of the type of bullying	Correct name:
After gaining these passwords, the bully enters the victim's sites and locks them out. In some cases, the bully will use these sites to bully others.	
A very hostile and rude form of abuse where the bully uses vulgar and abusive language with the intention of starting a fight with the victim.	
The bully will post embarrassing photos of their victim over the internet to torment and humiliate them. Sometimes they create fake ones.	
The sending of insulting, threatening and harassing messages via the internet or cell phones. These messages are however sent persistently and tirelessly.	

Cyber stalking

Harassing

Flaming

Web site creating

Degradation/humiliation

Impersonating

Password theft

Use of Photos and images

Description of the type of bullying	Correct name:
<p>After gaining these passwords, the bully enters the victim's sites and locks them out. In some cases, the bully will use these sites to bully others.</p>	
<p>A very hostile and rude form of abuse where the bully uses vulgar and abusive language with the intention of starting a fight with the victim.</p>	
<p>Bullies will post embarrassing photos of their victims all over the internet to torment and humiliate them. Sometimes they create fake ones.</p>	
<p>The sending of insulting, threatening and harassing messages via the internet or cell phones. These messages are however sent persistently and tirelessly.</p>	

Cyber stalking

Harassing

Flaming

Web site creating

Degradation/humiliation

Impersonating

Password theft

Use of Photos and images

This can be described as the act of sending messages to frighten or threaten someone.

The act of taking on an identity that is false for the purpose of tormenting a person and damaging their reputation. They may also pretend to be the victim by creating a false identity or profile.

Bullies will use this to spread rumours and hearsay with the purpose of embarrassing the victim.

Bullies will create websites and pages and load them with images, statements and insulting remarks for the sole purpose of tormenting and humiliating a person.

**Analyse** which of these students in your year group are most at risk for. What about a 10 or an 18 year old? Be prepared to feedback.

# What are the best ways to prevent or stop cyber bullying and trolling?

[https://www.youtube.com/watch?v=Jwu\\_7lqWh8Y](https://www.youtube.com/watch?v=Jwu_7lqWh8Y)

(watch from 1.53min)



Behind this box is the **4 Step Method** to stop Cyber bullying.

Who can remember what it is?

Now it will be shown and you can copy it into your books.

Discuss - Why is it so effective?

## Plenary:

Create either a rap or a poem to help other students remember the four step method or explaining why it is so effective.

We will watch them in 10 minutes



**Keep your online presence private as possible**

**Don't retaliate**

**BLOCK THEM**

**Show the evidence to Someone you trust**

### Today's LOs

**Identify** the different types of cyber bullying.

**Describe** what cyber bullying is and why people do it.

**Analyse** why the 4 Step Method to stop cyber bullying is effective.