

ANTI-BULLYING / PEER PRESSURE (Outline for talk geared toward students)

By: Angela Anderson & Nisha Broodie

Introduction:

what is peer pressure

- Have student identify who influences them – and perhaps why

What are some examples

who pressures

who do you think is pressured

-Break kids up into teams: (max 10 min)

You buy your lunch in the cafeteria and get some money in change. A student behind you tells you to buy them a candy bar with one of your dollars. You tell them that the money is for your lunch for the rest of the week. They say they don't care and that you better buy them the candy bar or else.

- 1) What would you do in this situation?
- 2) If you are the person being bullied, what are you afraid of?

Group discussion

- 1) What would you do in this situation?
 - a. Write them on board and discuss pros/ cons of each
 - b. ?give in and buy candy bar, retaliate, tell authority, say no
- 2) If you are the person being bullied, what are you afraid of?
 - a. Write them on board. And discuss
 - b. ?not looking cool, personal injury,

Messages to convey:

- feeling empowered to do what they want to do
- being a good person
- what cool really is, person you really admire the person who forces other people to do things, or person who is a good role, not following

How to deal with peer pressure:

- 1) Write down name of a person (teacher, PE teacher, principal etc.) who you can trust and who will help you. How would you reach that person? Email? Phone? Write note.
 - a. Appropriate time to talk to someone, i.e. Not when dad getting ready for work or mom is disciplining sibling, etc
- 2) Put in phone when you get home have a chance.
- 3) Walk away and towards a group of people friends you trust or teacher.
- 4) List reason why you don't want to do what they want you to do
- 5) Think of a person in your school everyone respects and fears. If you don't stop, I will have to tell ____
- 6) Give a reason why you can't even if you have to make it up! For instance, my mom will smell the smoke, I'm allergic to smoke
- 7) What about if you are shy or quiet? You can do the same things!
- 8) Question box

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Role play

Your best friend tells you to stop talking to a student. You ask them why and they say because he's not cool and if you talk to him I won't be your friend anymore.

- 1) What would you do in this situation?
- 2) If you are the person being bullied, what are you afraid of?

Closing point

- Personal stories.

- 1) Number of friends you actually need in life. How facebook seems really important now later it not about numbers of friend. Most people have 1-2 good friends from 4th grade they still keep in touch with.
- 2) Don't be afraid to be you!