

PEER PRESSURE AND HEALTHY CHOICES

Additional Activities

→ *Technology, English, and Drama*

1. Conduct the *Media Influences Lesson* (Pages 35-36) and video the plays. Show them to the class as a lesson review.
2. Have students complete the *Advertising Messages Form* (Page 37); allow each student to present their results to the class. Incorporate the information on *Propaganda Techniques* if appropriate (Page 38).
3. Use the PALS Place web site with your students: <http://pals.wright.edu>
 - A. The PALS Place website contains the following activities:
 - 1) Vocabulary and Spelling
 - 2) Facts about peer pressure and healthy lifestyle choices.
 - 3) Stories
 - 4) Games
 - 5) Quiz

→ *Language Arts*

1. Have students make up their own examples of ways to say ‘NO’ for each refusal technique.
2. Have students complete the *Activity Log* for one week (Page 34). Have students write about the activities that they enjoyed; discuss what activities help promote a healthy lifestyle.
3. Divide students into small groups; have them complete one or more of the *Media Role Play* activities (Page 39 to 41).
4. Have students (individually or in groups) complete one of the Control Discussion Activities, either *Jim’s Birthday* (Page 43) or *The Fight* (Page 44).

→ *Art*

1. Have students draw a poster or use another form of art to demonstrate examples of positive peer pressure. Display the art around the school.
2. Complete the *What Can I Control??* Activity (Page 46).

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→ *Health*

1. Have students draw a poster of a cigarette advertisement that would tell the truth about some aspect of smoking (smell bad, cough a lot, get lung cancer, etc.).
Display in a common area of the school.
2. Complete the *Knowing What I Can Control and What I Can't* lesson (Pages 42-46).