

PEER PRESSURE AND HEALTHY CHOICES

Friendship Toss Game*

→ The object of this game is to review concepts the students have learned in an active way. The game can focus on anything that the teacher wants to reinforce or have the students practice. For example, the teacher may find it helpful to review key points or facts about one of the lessons conducted earlier. The teacher picks a topic area and the game begins!

Topic examples:

- Alternative activities to using drugs
- Alternative activities to drinking alcohol
- Healthy habits other than smoking/using tobacco
- Effects of drinking alcohol on the body/brain
- Effects of smoking on the body/brain
- Compliments they could make to their peers

→ Students can stand or sit in a circle.

→ A ball is tossed from student to student. (Any object can be used, e.g., bean bag, stuffed animal)

→ When a student catches the ball (or other object), he or she must provide an example of the game's topic.

→ A student who gives an *incorrect answer* is required to do one of two things:

1. Throw the ball to someone else in the circle and ask for "help" (this facilitates learning the fact that it is o.k. to ask for assistance)

- **OR** -

2. They can try again to give a correct answer.

→ To make the game more difficult, students can be told not to repeat any answers that someone else has already given.



*Adapted from the Web of Friendship activity depicted in the PALS video.