

## PEER PRESSURE AND HEALTHY CHOICES

### Lesson Format

#### Day One

- 1) Prep before class (Page 7).
- 2) Complete a Peer Pressure Simulation (Teacher Script Day #1 – Pages 7-9).
  - a. Select and then act out one of the peer pressure activities - - Activity One, Two or Three.
- 3) Read *Tommy's Dilemma* poem with the class (Page 14).
- 4) Complete and discuss *Tommy's Dilemma worksheet* and the *Tommy's Dilemma – Write a Poem handout* during class (Page 15, 16).
- 5) Read the *Types of Peer Pressure handout* with the class (Pages 17, 18).
- 6) Read the *Ways to Say "NO" handout* with the class (Page 19).
- 7) Have students complete the *Ways to Say "NO" Matching worksheet* (Page 20).
- 8) Complete Role-Playing exercises; use the cut-outs on Page 22.
- 9) Have the students complete one or both of the slogan handouts. *Are These Slogans in Your Brain?* (Page 23) and/or *More Slogans: How Much Can Your Brain Hold?* (Pages 25).

#### Day Two

- 1) Prep before class (Page 11).
- 2) Review the homework (or in class work).
- 3) Show the *Tommy's Healthy Lifestyle Choices PowerPoint*
- 4) Have students complete *Tommy's Healthy Choices: Thinking about Choices worksheet* (Page 27).
- 5) Have students complete the *Paper Towel Game* (Page 28).
- 6) Have students complete the *Friendship Toss Game* (Page 29).
- 7) Administer the Test Your Knowledge Quiz (Page 30).