

PEER PRESSURE AND HEALTHY CHOICES

Teacher Script Day #2

Prep before class:

→ Bring the following materials to class:

1. At least 3 rolls of paper towels per class (for the Paper Towel Game)
2. Tennis ball, racquetball, Nerf ball or beanbag (for the Friendship Toss)
3. A copy of the list of topics for the Friendship Toss Game (Page 29).

→ Make enough copies of the following items to hand out to all the students:

1. *Tommy's Healthy Choices: Thinking About Choices* handout (Page 27)

Lesson Day#2

Review answers from homework

1. *Are These Slogans In Your Brain? handout*
2. *More Slogans, How Much Can Your Brain Hold? handout*
3. See if students have any questions about the slogans or the types of peer pressure that are represented in each example.
4. Collect *Tommy's Dilemma - Write a Poem worksheet*.

Tommy's Healthy Lifestyle Choices PowerPoint

1. Show *Tommy's Healthy Lifestyle Choices PowerPoint* presentation to the class.
2. Have students take turns reading aloud.
3. Ask a student who needs to move to pass out the *Tommy's Healthy Choices, Thinking About Choices handout*.
4. Give the students a few minutes to complete the worksheet.
5. Ask students to share their answers and discuss as a class.

Paper Towel Game

1. Ask students to think of the last time they were in the kitchen or at home and made a mess (for example, they spilled a drink or dropped the milk jug).
2. Ask students to take as many sheets of paper towels as they remember using to clean up their mess.

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3. After everyone has some paper towels, explain the purpose of the game. Tell the students: “Understanding ourselves is an important part of making good choices and resisting negative peer pressure. Often we focus on what we are not good at and what we can’t do - - When we do that (think negatively about ourselves) it is easier to give in to peer pressure. For this game, I want you to think of the positive things about yourself and what you do well.”
4. “We are now going to clean up those negative thoughts about ourselves by thinking about the positive. I want each of you to think of your positive traits. For each sheet of paper towels that you took, I want you to come up with one positive thing about yourself, or one thing you are good at.”
5. An alternative could be to have the students share one healthy behavior that they currently do for each sheet of paper towel.
6. Pick an individual to start with, and then have them go around the room and share their answers.

Friendship Toss Game

1. Tell students that they are going to participate in a game that should help reinforce the topics of Peer Pressure and the Ways to Say “NO” activities.
2. Divide the students into several small groups (8 to 10) or use the class as a whole.
3. Have the students stand in a circle facing each other.
4. Review the rules of the *Friendship Toss* game (see Page 29 for complete directions).
5. Present topics such as:
 - A. Examples of ways to say “NO”
 - B. Examples of positive peer pressure
 - C. Examples of commercials using friendly peer pressure

****Administer the Test Your Knowledge Quiz****