

Flow chart -

How to shape our environment so that it pulls us up, not pushes us down.

The Opening Game: Let's Hop



The Key to the Environment - a general introduction.



The Story: 'Crime Doesn't Pay'
(In Peer Pressure vs. True Friends!
Surviving Primary School)



What is peer pressure?



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The Monkey Experiment



Now that we understand what peer pressure is; why is it that we find it so hard to deal with and standup to it?



Questionnaire: Do you know how to say "No"? (in Peer Pressure vs. True Friends!
Surviving Primary School)



When you say "Yes" what do you mean?
Worksheet "Simply Me" Writing about Myself
(In Peer Pressure vs. True Friends!
Surviving Primary School)



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Raise your hands if you have ever said "Yes"
when you really wanted to say "No"?

The Rule for Setting Boundaries
(In Peer Pressure vs. True Friends!
Surviving Primary School).

**Central Game: What do you feel when you do
the opposite of what you wanted to do?**

**Stand by the poster which best represents
your feelings.**



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**Stand by the poster which best represents
your feelings.**

- o Poster 1: Fear
- o Poster 2: Anger at Myself
- o Poster 3: Anger at the Group
- o Poster 4: Understanding that I'm wrong and
they are right.



**Why did you choose to stand
by that particular poster?
Can you describe your feelings?**



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Raise your hands if you have ever said
“No” even when everyone else was saying
“Yes” and you really wanted to say “Yes” too?



Stand by the poster which best represents
your feelings.

- o Poster 1: Fear
- o Poster 2: Loneliness: The feeling that I'm
different than everyone else.
- o Poster 3: Satisfaction
- o Poster 4: Regret in light of the results.



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Why did you choose to stand

by that particular poster?

Can you describe your feelings?



What do we learn from the game?



Class Discussion: How can we set
boundaries, say “No” and survive?



The Main Game:
Jessica and the Birthday



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See the conclusions to the story
'Crime Doesn't Pay'
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**A possible solution for Jessica
and the Birthday.**

**A Closing Game – 'No More Peer Pressure':
Into the trash and out of our lives.**



Homework



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**"Peer Pressure - Past and Present Worksheet:
"Simply Me" Writing about Myself (in Peer
Pressure vs. True Friends!
Surviving Primary School)**



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