

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'
(In Peer Pressure vs. True Friends!
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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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