MP2-3m L.E.A.D.-Peer-Pressure Refusal

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP2-3**
Length: **Day 7**
Status: **Published**

Essential Questions

- What is peer pressure and peer influence?
- What is the effect of peer pressure on decision making and goals?
- What are the nine peer-pressure refusal strategies and how can you use them?
- How can you be a positive peer influence?

Big Ideas

- As children approach adolescence, the influence of peers increases significantly, making the ability to manage peer pressure a critical protective factor.
- Peer-pressure refusal skills enable children to express with confidence their decisions to avoid risky behaviors.
- Children equipped with these skills are better able to keep themselves safe and have a positive influence on others.

Enduring Understandings

2.2 Integrated Skills

A. Interpersonal Communication

2.2.6.A.1 [M] Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

2.2.6.A.2 [M] Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

B. Decision-Making and Goal Setting

2.2.6.B.1 [M] Use effective decision-making strategies.

2.2.6.B.3 [M] Determine how conflicting interests may influence one's decisions.

2.2.6.B.4 [M] Apply personal health data and information to support achievement of one's short- and long-term health goals.

2.4 Integrated Skills

B. Decision-Making and Goal Setting

2.4.6.A.2 [M] Analyze the characteristics of healthy friendships and other relationships.

Resources

- *Too Good for Drugs* Lesson 7: Peer-Pressure Refusal