

Worksheet 2

Sisters

Dealing with Peer Pressure

'Blair's friend Adam was getting me drinks and stuff but they were mixer drinks in cans and I didn't like the taste so I only drank a bit.'

Peer pressure refers to being influenced by those in a similar age group in order to feel accepted. Sometimes peer pressure can be a positive influence, such as your friends thinking smoking is disgusting, or a negative influence, such as Bella feeling she needed to drink alcohol to be accepted in the story *Sisters*. It can affect you directly (e.g. someone telling you what to do) and indirectly (e.g. a peer group influencing your decisions) and may relate to:

- fashion choices
- alcohol and other drug use
- the decision to have a boyfriend or girlfriend
- choosing who your friends are
- academic performance

Task 1: Answer the following questions about peer pressure:

1. What is peer pressure?
2. Where does it come from?
3. Why do people succumb to peer pressure?
4. What are some examples of positive peer pressure?
5. What are some examples of negative peer pressure?
6. Who is your peer group?
7. Have you ever experienced peer pressure in your own life? Explain.
8. Describe some effective ways to handle peer pressure.

Task 2: Present an oral report to your classmates about how to effectively deal with peer pressure.

Task 3: Create some real life situations about dealing with peer pressure. Enlist some of your friends or classmates to act out these scenarios to an appropriate audience demonstrating effective and non-effective ways to handle each situation.

Extension Activities:

- Write an informative text about the effects of alcohol on the human body.
- Compose a narrative text based on a main character or characters dealing with strong negative peer pressure. (It can be based on your own life experience if appropriate.)