

## Counseling Lesson Plan

Unit: **CLIMBING OUT – Peer Pressure**

Date: **April 17 - 23**

CONTINUE TO JOURNAL AND DRAW WITHIN YOUR NOTEBOOKS.

### **Attention getter: Warm up, movie clips or art:**

Draw a pot filled with water. Add crabs to your pot. Make the crabs trying to climb out and the ones at the bottom pulling them down. Label the water as peer pressure, and label the crabs as your friends. Now, draw flames under the pot, and show that the water in the pot is beginning to boil.

Crabs: your friends; hot water: dangerous situations; pot: kinds of trouble you can get into  
List the types of trouble you could get into on the pot or to the side of the pot.

### **Visual Walkthrough:**

Think about your friends. Is there anyone who else pulled you down, got you in trouble? Or have you noticed that you've been with people who are always getting into trouble.

Ask yourself these questions:

1. How do I feel about myself when I'm with my friends?
2. How do I feel about myself after I've been with them?
3. Do I have more or less self-respect after being with them?
4. How do people who really care about me feel about my friends?

### **Learning Activity:**

We will be learning about Peer Pressure in this lesson. Peer pressure is when you become worried and anxious about where you belong within your friendship circle or within a group. Your friends are people who should support you in becoming the "real you". Sometimes our friends will apply pressure on us to become someone other than the "real you". It is hard to overcome these problems if you become ensnared or involved in this type of peer pressure. For example: if your friends are starting to get in trouble, they will want you to stand by their side and support them, meaning you will be getting in trouble with them.

Peer pressure is positive when you don't hurt yourself or others and it doesn't take away their opportunities, freedom and self-respect

### **Journal Activity:**

Select one of the journal activities below and write about it in your journal. And then, talk to your parents about the other activity.

1. Why is it hard for the crabs to get out of the pot? What does the pot represent? What are some reasons for getting out of the pot?
2. List and describe some tools you can use to climb out of the pot.

### **Example Stories/Resources:**

Parents: Share stories about your friends who have gotten you in trouble and another one about one who has helped you through a tough time.