

Counseling Lesson Plan

Unit: **CLIMBING OUT – Peer Pressure –LESSON 2**

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.

Lesson 2: Friends are great to have but sometimes they are not good friends. List positive and negative attributes/characteristics of your friends.

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?

Lesson 2: List some negative activities that could get you in trouble: for example: not doing homework, bullying, etc.

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

LESSON 2: How can you get out and stay out of the pot?

The family and friends you spend time with impacts us positively or negatively. For example, if you hang out with friends who smoke or use drugs, you are much more likely to do the same. If you hang out with peers who don't try in school, you are more likely not to try either. But, if you hang out with friends who work hard in school, are respectful at home, school and generally, then you are more likely to be more respectful, have more friends and know what is right and wrong.

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.

Lesson 2: Write a story about how you will show respect and live a good life.

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.

Lesson 2:

Remember, your passion, purpose, and interests can help you find friends who like the same things you do and will support the real you.

- ***Get plugged in to a positive support system.***
- ***Keep focused on your passion, purpose, or interest. Let it motivate you.***
- ***Identify friends who will support you (support system). When the pressure is on, use positive peer pressure to crush negative peer pressure.***
- ***Have an emergency peer pressure escape plan: Have someone you trust on call to come get you.***
- ***Labels: Don't be afraid to let the real you show.***
- ***Positive self-talk***
- ***Character of heart***
- ***Reality ride: If your friends are crashing, they are going to try to get you to crash too. You know what is going to keep you on the right track. Don't let peer pressure influence you to crash***