

# Peer Pressure Dilemmas: Conversations & Decisions

## Instruction page



### 1 Activity Type

Age: 11-18+

#### Participation Style

Conversation activity  
1-1 activity  
Group activity  
Group play solo points

#### Theme

Interactive  
Conversation cards  
Expressive

### 2 General Activity Info

This interactive activity is designed to help teenagers and young adults recognise peer pressure in various situations and practice making informed decisions. By presenting realistic scenarios, participants will explore how they can respond to peer pressure in a way that aligns with their values and long-term goals.

### 3 Materials Needed

- A printed copy of the activity resource. Cut and laminated for future use
- A large table or floor for participants to work from.
- Alternatively, flashcards can be used if you decide to do this activity as a group play with solo points. we have templates available on our site.

### 4 Step by Step Instructions

#### Introduction

1. Begin by explaining what peer pressure is and why it's important to be aware of it.
2. Briefly discuss how peer pressure can influence decisions in both positive and negative ways.

#### Scenario

1. Present one scenario at a time (either on a screen or printed for each participant).
2. After each scenario, read aloud the multiple-choice options (A, B, C). Each option represents a different response to peer pressure.
3. After reading the scenario and options, ask participants to choose which response they would select. this can be done using our flashcards or in groups where they can place their answers on each senerio.
4. Encourage everyone to explain why they chose their option and how they would handle the situation in real life.
5. After completing all scenarios, lead a group reflection on the activity. Discuss the challenges of peer pressure and how participants can handle similar situations in real life.
6. Encourage participants to share strategies for standing firm in their decisions and refusing unwanted pressure.

## Scenario 1 - Responding to Messages at the Right Time

1

Your friend has sent you a message and you've read it. You actually have to study for an exam in the morning so you don't want to write back straight away as you are busy. You know that he/she might be really annoyed if you don't respond immediately. What do you do?



- 
- A)** Write back and explain to your friend that you are studying.
- B)** Ignore the message but know that you will have to explain yourself in the morning.
- C)** Write back and ignore your study, it is only a stupid test.

**Discussion Points:** What are some ways to manage time effectively while maintaining friendships? Should friendships come with the expectation of always being available online and offline?

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## Scenario 2 - Balancing Friendship and Online Pressure

2

Whenever your friends post pictures online, you have to like their posts straight away. If you don't, you are a bad friend, or so they tell you. You turn your phone off one evening, but the following morning at school, your friend starts giving you a hard time because you weren't online and didn't like her/his new profile picture on time. What do you do?



- 
- A)** Explain to your friend that you need a break from technology every now and then.
- B)** Apologise to your friend and say you will like their picture as soon as you can.
- C)** Explain to your friend that you forgot, but that it also doesn't mean you are a bad friend.

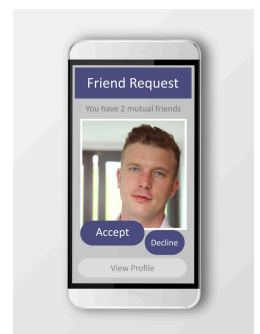
**Discussion Points:** Should true friendships be based on online validation, like liking posts immediately?

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## Scenario 3 - Navigating Friend Requests and Peer Expectations

3

You and your friend are checking your social media profiles. Your friend has over 10 friend requests to respond to but no one has added you in at least a week. You don't really want to add people if you don't know them in real life, but your friends are laughing at you and saying that you have no friends. What do you do?



- 
- A)** You begin to add some 'friends of friends' to try to fit in more.
- B)** You explain to your friends that you would prefer to be safe online and you are fine with having less 'friends' than them.
- C)** You add lots of new people online so that you have just as many 'friends and followers' as your friends.

**Discussion Points:** Why is it important to prioritise genuine friendships over social media numbers? Can you stand up for yourself and explain your decision without feeling embarrassed?

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## Scenario 4 - When Does a Laugh Go Too Far?

4

Your friend has seen a funny meme posted online about someone in your year group. They have liked it and keep telling you to share it, saying it is only a laugh and not to be so sensitive. What do you do?



- 
- A)** You refuse to share the meme as it isn't a nice thing to do.
- B)** You share the meme, but hope no one finds out.
- C)** You let the person who is in the meme know what is going on online.

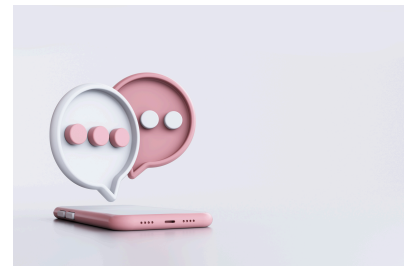
**Discussion Points:** Can you stand up to friends who pressure you to do something you're uncomfortable with? What are the consequences of sharing harmful content online, even if you don't mean any harm?

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## Scenario 5 - Online Chats and Privacy

5

You have been chatting to someone over the comments section of a YouTube video for some time. They ask you for your number to chat and your friend encourages you to do it; saying things like 'don't be boring' and 'just send it.'



- 
- A)** You give your number, not because of what your friends said, because you think the person is really nice.
- B)** You don't give your number and you explain to your friends that they shouldn't put pressure on you like that.
- C)** You give a fake number, but also tell a parent or a teacher so they know what is going on.

**Discussion Points:** How can you set boundaries and stay safe without feeling pressured to "fit in"?

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## Scenario 6: The Party Invitation

6

You're invited to a party by your friends, but you know there will be drinking and risky behaviors. You're unsure if you should go.



- 
- A)** Go to the party anyway, even though you're uncomfortable, because you don't want to miss out.
- B)** Politely decline and suggest another activity to hang out with your friends, without the pressure.
- C)** Go to the party but try to avoid drinking or participating in risky behaviors, hoping you can stay safe.

**Discussion Points:** What are the potential consequences of each decision? How can you stay firm in your values even when others are trying to pressure you?

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## Scenario 7: Skipping Class

7

Your friends want to skip class to hang out. You don't want to disappoint them but know it could affect your grades.

- 
- A)** Skip class with your friends because you don't want to be left out.
- B)** Politely refuse and go to class, telling them you need to focus on your studies.
- C)** Go to class but text your friends during the lecture to keep in touch.

**Discussion Points:** How does skipping class affect your long-term goals? What makes option B the most responsible decision?



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## Scenario 8: Trying Drugs

8

A group of your friends offers you drugs, claiming it'll help you "chill out" and fit in. You're not sure what to do.

- 
- A)** Try the drugs to fit in, as you don't want to seem "uncool."
- B)** Politely decline, explaining that you're not comfortable with that and prefer to stay clean.
- C)** Say you don't want to try drugs but don't confront them directly, hoping they'll just stop offering.

**Discussion Points:** What are the risks involved with trying drugs in this scenario? How could you confidently say "no" in real life, without feeling pressured?



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## Scenario 9: Body Image Talk

9

Your friends keep making fun of someone's body, and they ask for your opinion on the person's appearance.

- 
- A)** Laugh along and join the conversation, even though you feel uncomfortable.
- B)** Stand up for the person, telling your friends that it's not okay to make fun of someone based on their appearance.
- C)** Stay silent and avoid joining the conversation, but don't speak up to stop the teasing.

**Discussion Points:** How can silence be just as harmful as joining in on the teasing? What does it take to stand up for someone else in a situation like this?



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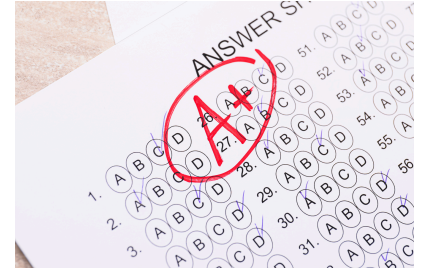
## Scenario 10: Cheating on a Test

10

Your classmate offers to share their answers with you during an exam, and you're unsure if you should take the chance.

- 
- A)** Accept the answers to avoid failing, even though you know it's cheating.
- B)** Refuse and do your best on your own, even if it means you might not do well.
- C)** Take the answers but feel guilty afterward, and hope the teacher doesn't find out.

**Discussion Points:** *How does cheating affect your integrity and your future? How do you handle situations where your values are being tested?*



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B

# Peer Pressure Review

Intended learning outcomes	I'm still not	I'm nearly there	I've got
<i>I can define peer pressure and gives examples of how it can happen.</i>			
<i>I can identify how a good friend should behave online and I can judge if I am.</i>			
<i>I can give advice to others about to resist peer pressure.</i>			

check out questions

**3** Things i have learned from this activity ...

**2** Things I already knew ...

**1** Question I still have ...