

Definition of Peer Pressure:

A feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.

There are several different types of peer pressure:

Positive Peer Pressure

When people in your social group pressure you to do something that is in your best interests.

Example 1 Practicing hockey slap shots to beat your friend.

Example 2 _____

Negative Peer Pressure

When your social group pressures you to do something that is not in your best interest.

Example 1 Lying to your parent about where you are.

Example 2 _____

External Peer Pressure

When that pressure or encouragement comes from something around us. Usually this is what is actually said to us.

Example 1 A friend says, "Everyone else is having a smoke. Have one if you want to fit in with us."

Example 2 _____

Internal Peer Pressure

When that pressure of encouragement comes from something inside of us.

Example 1 You think that you have to like a certain movie because all your friends have a T-shirt with the movie's main character on it.

Example 2 _____



What is Peer Pressure?



Which Type of Peer Pressure?

Read each situation below and circle both types of peer pressure in each situation.



NORTHERN TOBACCO
STRATEGY

name: _____

1

Sid wears a Batman T-shirt to school today. When he gets there, all of his friends are talking about Spiderman or are wearing something with Spiderman on it. They say, "People who like Batman suck. Spidey is way better."

This is an example of:

Positive / Negative and Internal / External

2

Brian wants to go play video games at an older friend's house, and he knows the people there all smoke. Brian's friends tell Brian "Don't go there. Stay over at my house instead. We'll have pizza and play games."

This is an example of:

Positive / Negative and Internal / External

3

Marlee is at a hockey game and goes to hang out with some older friends outside where there is no one watching them. All of the other friends are smoking. No one asks if she wants a smoke, but Marlee really wants to fit in.

This is an example of:

Positive / Negative and Internal / External

4

Trish hangs around with older people after school who smoke, and sometimes has a cigarette with them. She joins a volleyball team and notices that she can't run as fast as the other girls. Trish wants to do better, so she stops having cigarettes and practices after school with the girls on the team.

This is an example of:

Positive / Negative and Internal / External



Types of Peer Pressure Sorting Game

This is a partner game of speed, skill, and mostly LUCK!

Use this as your game card. With a partner, take turns as one of you runs up to the front to grab a slip of paper with an example of peer pressure on it and brings it back to your desks. Together, decide what kind of peer pressure it is, and copy down the situation in the correct spot.

Then, run the slip of paper back to the pile, face down, and grab another slip without looking at what it says until you are at your desk with your partner!

Hope that you're lucky enough to get one you need, and not one you already have!

The first team to have all 4 of the types of peer pressure copied down properly, in the correct place, *wins!*

Examples of:

a Positive, External Peer Pressure:

a Positive, Internal Peer Pressure:

a Negative, External Peer Pressure:

a Negative, Internal Peer Pressure: