

## STRATEGIES/METHODS

- Group Discussion
- Problem-Solving Scenarios
- Roleplays
- Forced Choice

## MATERIALS NEEDED — INCLUDED IN IMPLEMENTATION KIT

- *Expressing Physical Affection* signs
- *Agree/Disagree* signs
- SWAT poster
- *Negotiation and Refusal Skills Charts 1A&1B*
- *Observer Checklist* poster
- Handouts or student workbooks:
  - » *Peer Pressure Scenarios 1–4*
  - » *While They're Out* (Scripted and Unscripted Roleplays)
  - » *Observer Checklist*

## MATERIALS NEEDED — NOT INCLUDED IN IMPLEMENTATION KIT

- Markers
- Masking tape
- Index cards

## PREPARATION NEEDED

1. Hang the *Expressing Physical Affection* and *Agree/Disagree* signs.
2. Hang the SWAT poster, *Observer Checklist* poster, and *Negotiation and Refusal Skills Charts 1A and 1B*.

## INSTRUCTIONAL TIME: 60 minutes

### ACTIVITY

	MINUTES NEEDED
A. Understanding Peer Pressure .....	10
B. Responding to Peer Pressure .....	20
C. Knowing and Setting Physical Limits .....	15
D. Introduction to SWAT and Scripted Roleplays .....	15

## ACTIVITY

# A

### PREPARING FOR THE ACTIVITY

#### RATIONALE

If participants understand how pressures from their peers can affect their sexual decision making and behaviors, even when the pressures are subtle, they will be better equipped to resist those pressures.

#### MATERIALS

- *Agree/Disagree* signs
- Masking tape

#### TIME

10 minutes

## UNDERSTANDING PEER PRESSURE

### PROCEDURE

1. Hang the *Agree* and *Disagree* signs on opposite sides of the room.
2. Explain the following,
  - 💬 We talked earlier about how peer pressure can influence young people's ability to make safe sexual choices. In this next activity, we will try to understand peer pressure.
3. Explain the directions,
  - 💬 I am going to read some statements. You are to stand under the sign that best reflects your feelings about each statement. You are not allowed to stay in the middle, but must take a stand. If you agree with a statement, stand under the *Agree* sign. If you disagree, stand under the *Disagree* sign. Once you are in position, I will ask you to explain your choice.

### FACILITATOR'S NOTE

If everyone stands under the same sign, ask the group members why they think no one chose the other option. If only one person stands under a sign, compliment this person for having the courage to make a choice that differs from the group and carefully ask why the person made that choice. Be sure the person clearly understood the statement. Give participants a chance to change their minds after the explanations and before you move on to the next statement.