

16/07/2026

Peer pressure and teenage brain

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for metacognition



1. Peer Pressure is when you make decisions without worrying what people think.
2. Peer Pressure can be positive or negative.
3. It is impossible to deal with peer pressure.
4. You have the power to deal with peer pressure.



True or False? Quietly, by yourself, as the register is taken complete the quick starter quiz on your white board

16/07/2026

Peer pressure and teenage brain

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Peer pressure, positive, negative, prefrontal cortex, emotional cortex, reward system



Explain the forms peer pressure take and why going through puberty makes teenagers more influenced by their peers



Identify ways of managing the social and emotional pressure from your peers



Why do teenagers give in to peer pressure? What feelings can result from being pressured?

Instructions:

1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



True or False- the answers

1. Peer Pressure is when you make decisions without worrying what people think.

FALSE

2. Peer Pressure can be positive or negative.

TRUE

3. It is impossible to deal with peer pressure.

FALSE

4. You have the power to deal with peer pressure.

TRUE



Peer pressure is bad for us as it makes us take unsafe risks. Do you agree?



Structured Talk Instructions:

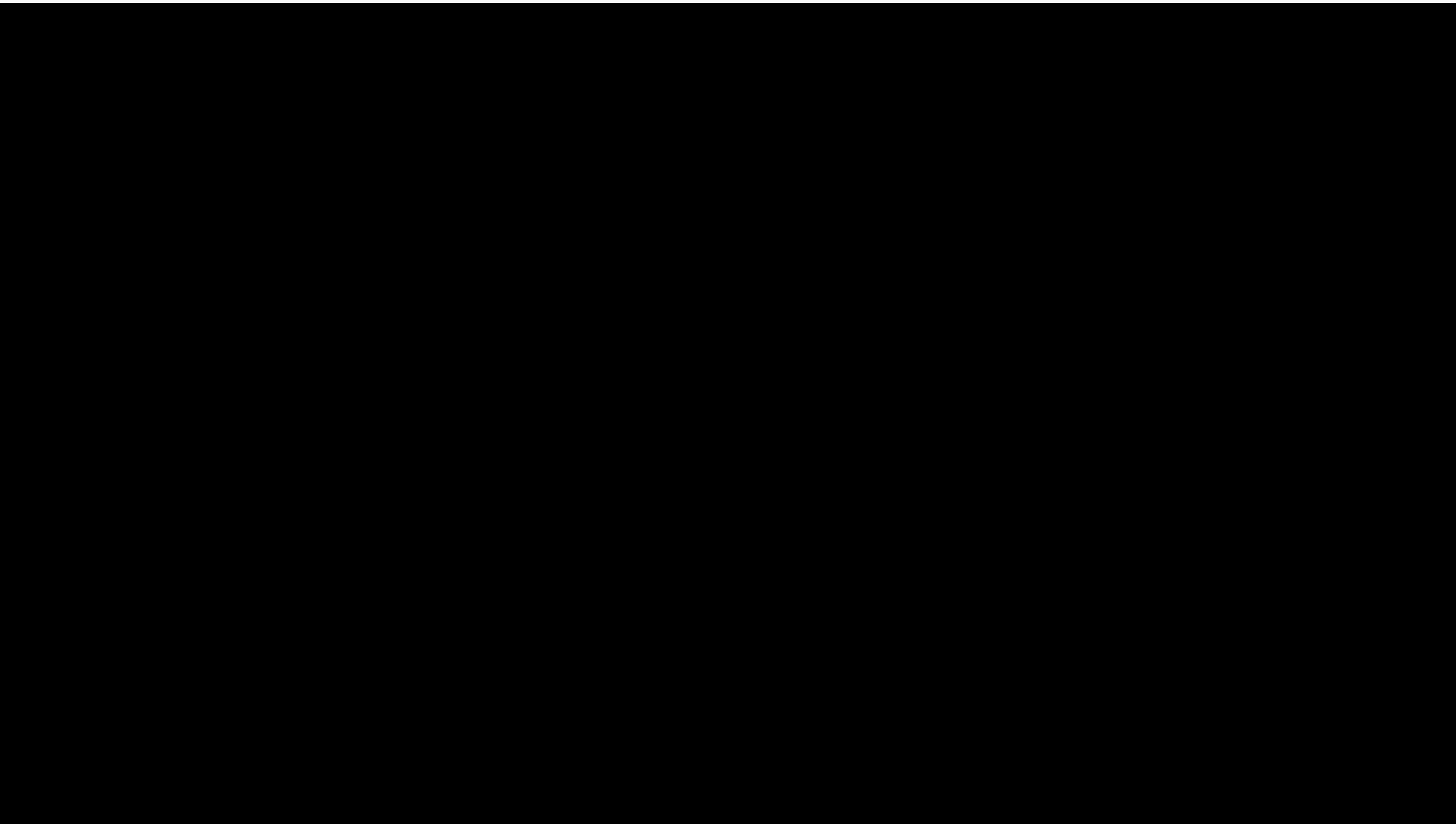
1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.



Good peer pressure includes:

- Pushing a friend to study harder so they can get better grades.
- Getting an after-school job and convincing friends to get a job too.
- Saving money for a big purchase like a new phone or bicycle and encouraging friends to do the same
- Can you think of another?

Instructions: After watching the film, copy and complete this sentence starter : **Teenagers start to take more risks during puberty because...**



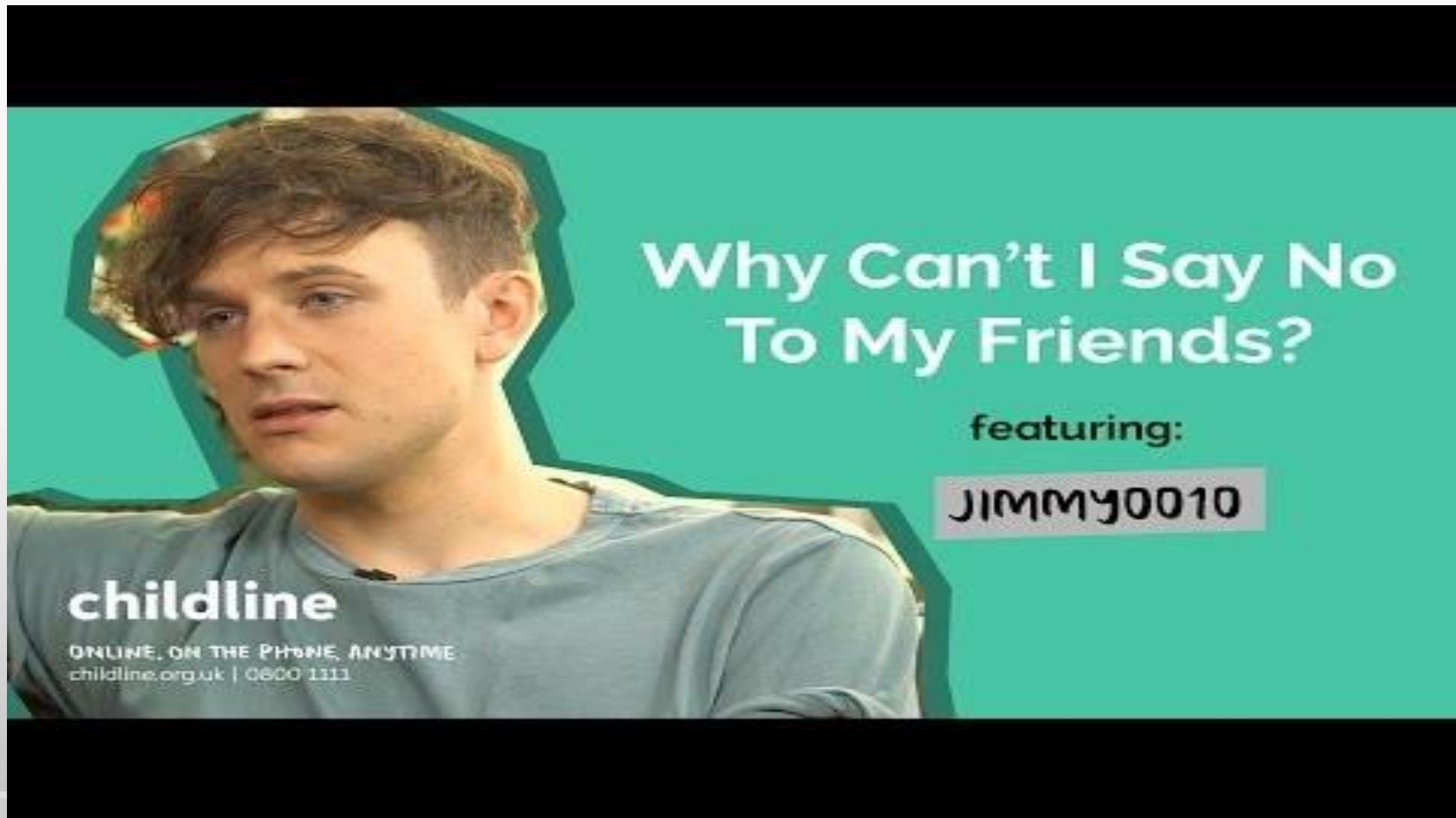
Peer pressure and the teenage brain

Instructions: After watching the film, copy and complete the following statement:

‘Teenagers are more readily influenced by their peers because...’



How to deal with peer pressure



Instructions: Write the sub heading and bullet point at least 4 ideas / tips on how to deal with peer pressure



MAD time:



Listen to your instinct

you know straight away if you want to do it or not

Plan for a situation

you know what is likely to happen - plan to get out of it

Organize a 'bail out'

plan a way to get out of a situation – I need to meet my mum at

Learn to say NO

should be able to say NO to friends, perhaps add an excuse

Choose your friends carefully

be with friends who don't always pressure you

Get help

if the situation is dangerous get help or if the pressure keep on, talk to a trusted adult



Saying NO to Peer Pressure!

1. Just say 'no': "No thanks."
2. Delay: "No, not today. Maybe tomorrow."
3. Broken Record: Say "no" several times.
4. Plan B: "Okay, but how about ____."
5. Just be truthful: "No because ____."
6. Avoid: "I can't. I forgot something in my locker."
7. Leave the scene: Say "no" and leave.

* If a situation doesn't feel right, it probably isn't! *



wikiHow

peer pressure

Resist Peer Pressure

STOP
LOOK
THINK
DECIDE

free spirit PUBLISHING

1 Get away from the pressure zone.
Leave the scene... make your exit.

2 Be your own best friend.
Remind yourself every now and then that you are special and nuke any negative statements.

3 Evaluate friendships and new friends.
If you've decided that your friends don't have your best interests at heart, search out new friends who share your values and interests.

Source and more tips: <http://www.yourlifecounts.org/blog/20-ways-avoid-peer-pressure>



1 Stay mindful of your feelings and ask yourself if the situation feels right to you, even if your peers seem okay with it.



2 Struggling to say no? Plan and stay prepared to get out of an uncomfortable situation by making a good excuse.



3 Remember, not everybody will like you. Don't force yourself to please them if you are not okay with a situation.



4 Have a friend who shares a similar personality as you and can show the right path when under pressure.



5 When stressed, don't resort to toxic habits. Instead, try listening to music, talking to your parents or friends, and doing your favorite activity.



6 Take a deep breath of courage and tell the person pressuring you about your feelings.



Mom Junction



Faculty of Personal and Physical Development



16/07/2026

Peer pressure and teenage brain

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Peer pressure, positive, negative, prefrontal cortex, emotional cortex, reward system



Explain the forms peer pressure take and why going through puberty makes teenagers more influenced by their peers



Identify ways of managing the social and emotional pressure from your peers



Why do teenagers give in to peer pressure? What feelings can result from being pressured?

Instructions:

1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



What would you do- case studies

Instructions:

1. Read both the case studies and working in pairs discuss how would you resist the peer pressure in that situation.
2. Write 5 lines on how you will deal with each situation and share it with the class

A- You walk home with a group of older pupils from your school they always light up a cigarette as soon as they are away from school they offer you a smoke

B- All your mates hang out together in the evening by the shops. Your parents have said you have to be home by 9pm but your friends mock you when it's time to go