

16/07/2026

Peer Pressure

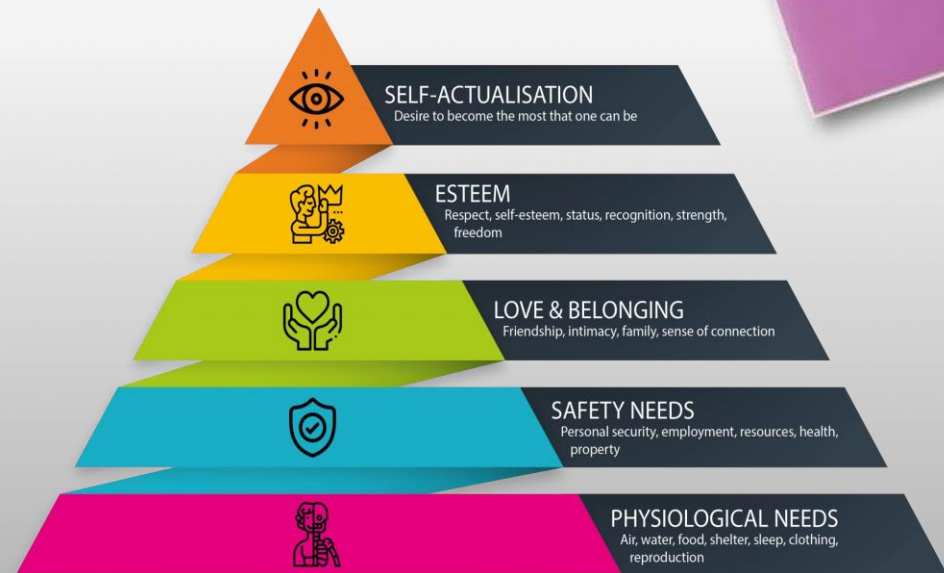
Instructions for Every Lesson:

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 self-regulated learning



Copy and
complete:

**A time I have felt
influenced to do
something
because of a
peer or friend
is...**



16/07/2026

Peer Pressure

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Peer pressure, influence, friends and family, media, social media, Communications Act 2003, Protection from Harassment Act 1997, The Malicious Communications Act 1988, Equality Act 2010, The Computer Misuse Act 1990



How do I know how a good friend should behave and how can I assess if they are a good online friend?



How can I resist peer pressure online and offline?



How do I define peer pressure and what are examples of how it can happen online?

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



How does peer pressure make you feel?



What can you do if you feel peer pressure?

Who can put pressure on you?

What can peer pressure online look like?

What is the difference between pressuring someone and encouraging them?



Dictionary corner: copy the definition into your exercise book



Peer pressure is when you are influenced by other people to act in a certain way.

Challenge:

Once you have a definition, think of an example of positive and negative peer pressure.



Truth or Myth?

1. Peer pressure comes from a desire to fit in
2. Peer pressure does not relieve teens from responsibility
3. Giving in to peer pressure means you are conforming and you can lose your individuality
4. Peer pressure comes from media, friends and family
5. Peer pressure is an excuse for bad behaviour
6. Peer pressure only comes from friends
7. Peer pressure is always negative

Instructions:

In your book write the number 1 to 7 then if they are T or F

Truth or Myth?

1. Peer pressure comes from a desire to fit in 
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Instructions:

How did you do? Using a green pen mark your own work

Watch “**Back me up**”

00:00:03.408





Charlie



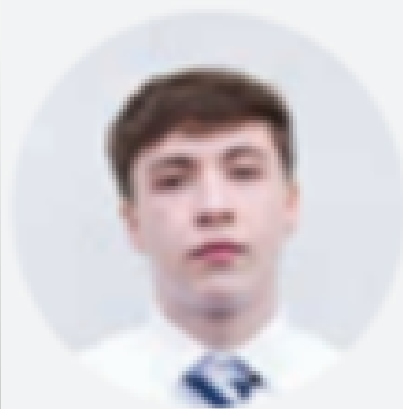
Jack



Jason



Leah



Dan



Jenna



Ben



1.Charlie pressured Jack by...

2.Charlie was making Jack bully Jason because...

3.Bystanders are as bad as bullies because..

Challenge: To be an ally like Leah, I can...

Instructions:

Now copy and complete the sentence starters.
Finished? Try the challenge:



**top tips to
deal with
peer
pressure**

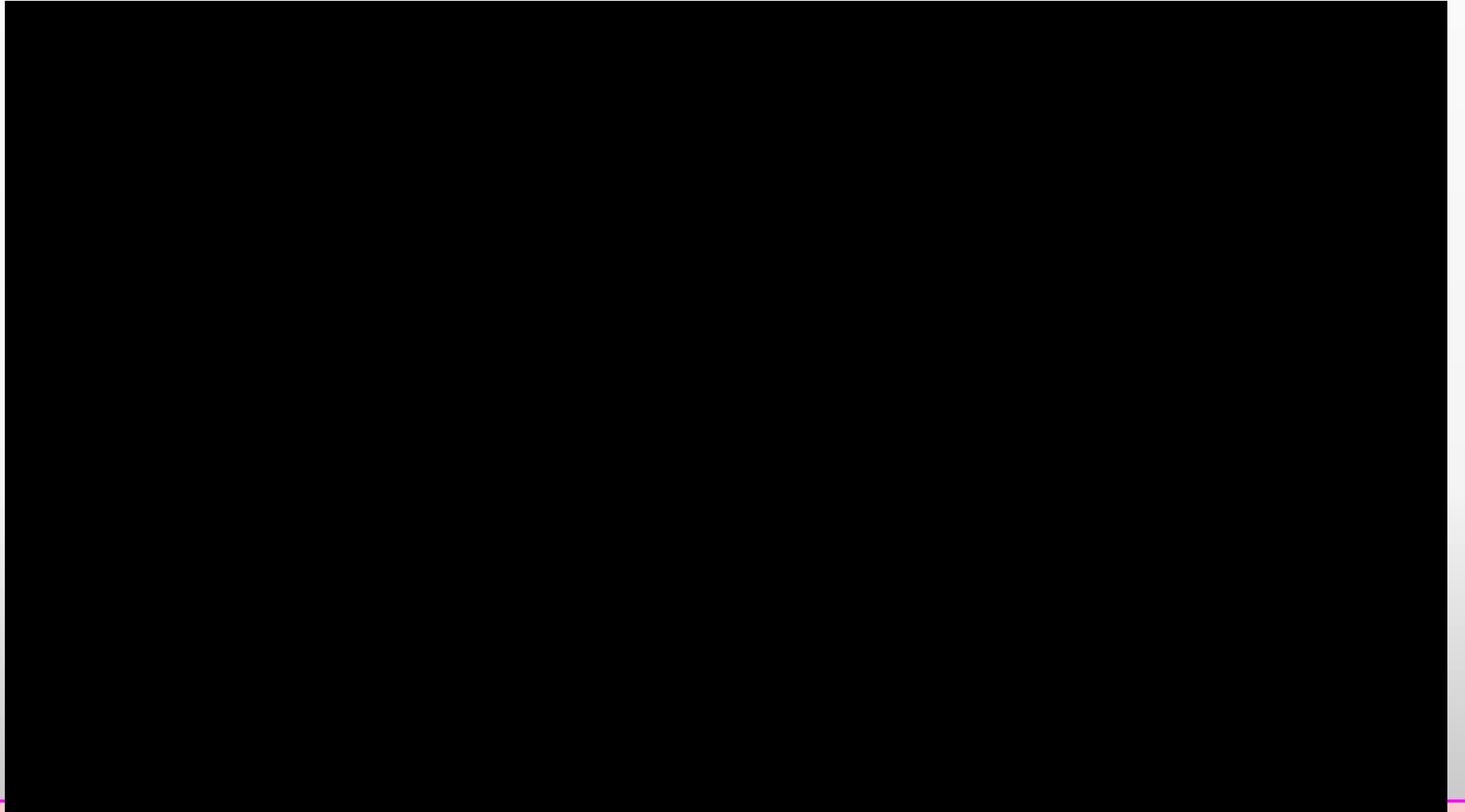
**Draw around your
hand.**

**In the middle write
down 'top tips to
deal with peer
pressure'**

**Write an idea on
each finger.**



Top Tips To Deal With Peer Pressure



Instructions:

Write down three top tips on how to deal with peer pressure.

**Top tips to
deal with
peer
pressure**

*Accept yourself and who
you are*

Have an excuse ready

Learn to say no



Have they broken the law?



- **Communications Act 2003:** if the messages were threatening then they are classified as being 'menacing' and against this law.
- **Protection from Harassment Act 1997:** if the messaging happens more than once, it is classified as 'repeatedly' and counts as harassment.
- **The Malicious Communications Act 1988:** if the messages were 'threatening' then they are classified as having the intention of causing distress.
- **Equality Act 2010:** they sent homophobic message, which break the equality act.
- If someone takes your phone they are in breach of **The Computer Misuse Act 1990** that says you can't impersonate or steal someone else's identity online.



Progress Review



- How can I resist peer pressure online and offline?



- How do I define peer pressure and what are examples of how it can happen online?



- How do I know how a good friend should behave and how can I assess if they are a good online friend?

Instructions: show what you have learned this lesson by answering the most challenging question you can. Remember to write in full sentences, give examples and explain your thoughts

