

PEER PRESSURE

Performance Standard 22B.F

Use the Decision-making process **DEFINE** (Define the problem, Explore the alternative, Consider the consequences of each alternative, Identify your values, Decide and act, Evaluate the results) when facing a peer pressure situation to make an appropriate health choice accordingly.

- *Knowledge:* Know how steps of the DEFINE process.
- *Application:* Apply the steps of the DEFINE process during peer pressure situations to make an appropriate health choice.

Procedures

Note: Provide students with sufficient opportunities to learn about and practice the DECIDE decision-making process.

1. *In order to describe and explain the factors that influence health among individuals, groups and communities (22B)*, students should experience sufficient learning opportunities to develop the following:
 - Use a decision-making process to make a healthy choice in a peer pressure situation.
2. Divide students into groups of 3 – 5.
3. Instruct each group to choose one scenario from the task sheet use the DECIDE process to make a healthy choice.
4. Evaluate each student's performance using the "Peer Pressure" Rubric as follows:
 - *Knowledge:* The knowledge dimension was demonstrated in the performance.
 - *Application:* Applied the steps of the DEFINE process correctly.

Examples of Student Work

- [Meets](#)
- [Exceeds](#)

Time Requirements

- One class period

Resources

- DECIDE worksheet with peer pressure scenarios
- Copies of Peer Pressure Scenarios
- Peer Pressure Rubric

Peer Pressure Scenarios

Directions: Choose one of the three peer pressure scenarios and use the *DECIDE* process to make a healthy choice. Be sure to thoroughly apply each step and explain your responses.

1. Susie (age 14) and her family just moved to a new town. Susie is lonely and doesn't seem to be making any friends. She finally met a group of girls at lunch and they have asked her to go to a party with them on Friday night. Susie was having a great time at the party until her friends started to drink and smoke pot. They asked her to join them and she doesn't know what to do because these are the only friends she has made.
2. Herbie's vacation is finally here! He and three of his buddies are going to Mexico to sit on the beach and soak up some sun. While there, his buddies decide to go hang gliding. Herbie is REALLY afraid of heights but doesn't want his friends to tease him or think that he is 'chicken'. They are starting to put the pressure on. What should he do?
3. Norton is at the mall with his two best friends. As they are leaving, he puts his hand in his pocket and finds an expensive wristwatch. His friends start laughing because they shoplifted the watch and put it in Norton's pocket without him knowing. Norton thinks shoplifting is wrong but doesn't know what to do.

***DECIDE* process:**

- Define the problem
- Explore the alternatives
- Consider the consequences of each alternative
- Identify your values
- Decide and act
- Evaluate the results

PEER PRESSURE

NAME _____ DATE _____

- Exceeds standard (must receive 4 points)
- Meets standard (must receive 3 points)
- Approaches standard (must receive 2 points)
- Begins standard or absent (must receive 1 point)

4	<ul style="list-style-type: none"> • Can thoroughly apply each step of the DECIDE process to one situation of their choice • Information is detailed and contains no inaccuracies or contradictions • Shows total understanding of how to use the DECIDE process
3	<ul style="list-style-type: none"> • Can adequately apply 5 steps of the DECIDE process to one situation of their choice • Information is detailed but contains a few inaccuracies or contradictions • Shows understanding of how to use the DECIDE process
2	<ul style="list-style-type: none"> • Can adequately apply only 3 or 4 steps of the DECIDE process to one situation of their choice • Information is not detailed and contains a few inaccuracies or contradictions • Shows limited understanding of how to use the DECIDE process
1	<ul style="list-style-type: none"> • Attempted to apply the steps of the DECIDE process to one situation of their choice • Information provided was too general and contained inaccuracies and/or contradictions • Shows little understanding of how to use the DECIDE process
Score	

3

- 1) Norton's friends stole a wristwatch and put it in Norton's pocket.
- 2) ~~The~~ alternatives would be keeping the watch and getting caught, or returning the watch, or giving it back to his friends.
- 3) If he keeps the watch he could get in trouble for something he didn't do. If he returns the watch he might not get in a lot of trouble. If he give the watch to his friends, Norton won't get into trouble.
- 4) He might lose a friend. He might get grounded. He might have to pay.
- 5) He should give the watch back to his friends.
- 6) His friends get caught and he doesn't get into trouble. His friends will think twice about doing something like that.

#2 - Scenario

"Exceeds"

Defining the problem

His friends are pressuring him into something he doesn't want to do.

Explore the alternatives

He could tell them he's getting sick and he won't have to do it.

He could tell them if they were his real friends they wouldn't make him do it.

Consider the consequences

They could find out he's not and they could get mad at Herbie, or they could tell him to go to where they're staying and they could leave him alone.

They could stop being his friends, they could be good friends and not make him do it.

Identify your values

You could always lie, but that isn't the best thing to do.

You could call them your real friends but if they make you do it, they're not.

Decide and act

I would tell them if they were my real friends they wouldn't make me do it.

Evaluate the results

They might stop being his friend, they might quit pressuring him into doing it.