

LESSON 11: PEER PRESSURE

The girls are gaining a better understanding of peer pressure in today's lesson. They are exploring and discussing areas where people succumb to peer pressure and learning a specific strategy to resist it. The SBLR strategy, which stands for Stop, Breathe, Listen and Respond, encourages the girls to take a step back from a situation to fully assess how they feel, rather than making a split-second decision.

Questions & Conversation Starters:

1. What is peer pressure?
2. Let's each name a time when we felt peer pressure and share how we responded to it.
3. Today you learned about the SBLR Strategy. Do you remember what the S, B, L and R stand for? (Stop, Breathe, Listen and Respond). Will you tell me about it?
4. I'm going to share with you something that I feel pressured to do by my peers. I'm then going to use the SBLR strategy and see how I respond.
5. Let's talk about other times we have felt peer pressure. How could this strategy help us in those situations?