**Peer Pressure Cards**

Exercise:

* Split the class into small groups and issue a set of Peer Pressure Cards to each.
* Explain to the children that they have to read each card and discuss in detail as a group the reasons why they *would* give in to peer pressure in a similar situation and reasons why they *should not*.
* Ask the children to decide how they would react in the situation and why.
* Discuss the answers as a class, encouraging the children to give their reasons for every answer and response to the discussion cards.

Points to note:

* You may wish to ask the children to put the cards into two sets – “give in to Peer Pressure” and “Ignore Peer Pressure” based on the general consensus of the group.
* This might help focus the children’s discussion and encourage them to offer their answers more confidently and with greater reasons.

**Give in to Peer Pressure**

**Ignore Peer Pressure**

|  |  |  |
| --- | --- | --- |
| **Why do people smoke?**  Their favourite musician/celebrity smokes |  | **Why do people smoke?**  They aren’t afraid to try new things |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  It’s a habit |  | **Why do people smoke?**  Gives them something to do with their hands |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  They like it |  | **Why do people smoke?**  It helps them cope |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  It gives them an excuse to take a break |  | **Why do people smoke?**  It’s sociable |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  Their friends talked them in to it |  | **Why do people smoke?**  It relieves stress |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  They are addicted to the nicotine in the cigarette |  | **Why do people smoke?**  It makes them appear older |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  To help them relax |  | **Why do people smoke?**  To rebel |
| --- cut here --- |  | --- cut here --- |
| **Why do people smoke?**  Their parents smoke |  | **Why do people smoke?**  Their friends smoke |