

Module 2: Peer Pressure

As October is Bullying Awareness month, we are using this time to bring awareness to bullying and prevention in schools. One conflict that many students face in bullying situations is how to intervene when they see a bullying situation happening. Students are met with the difficult task of overcoming peer pressure and intervening. Module 2: Peer Pressure helps students to identify different areas of peer pressure they may be feeling as well as giving them the tools to overcome peer pressure situations and be confident in their decisions.

In this module, students are introduced to the different types of peer pressure an individual might face. Then, students are given a peer pressure self-check where they can identify and reflect on situations where they have felt peer pressure. Through identifying these situations, students are able to brainstorm different ways they could react to overcome peer pressure.

The module highlights specific ways to use polite doubt and build self-esteem. Students learn that polite doubt can be used as an opportunity to express an opposing view and not conform to social influence. Students participate in an activity where they answer “I am” statements. This activity helps students recognize their identity, what makes them unique, and build confidence in themselves. Students learn that being confident with themselves and who they are empowers them to embrace differences and take a stand against peer pressure that goes against their values.