



Attitudes

&

PEER

PRESSURE





# Lesson Aims

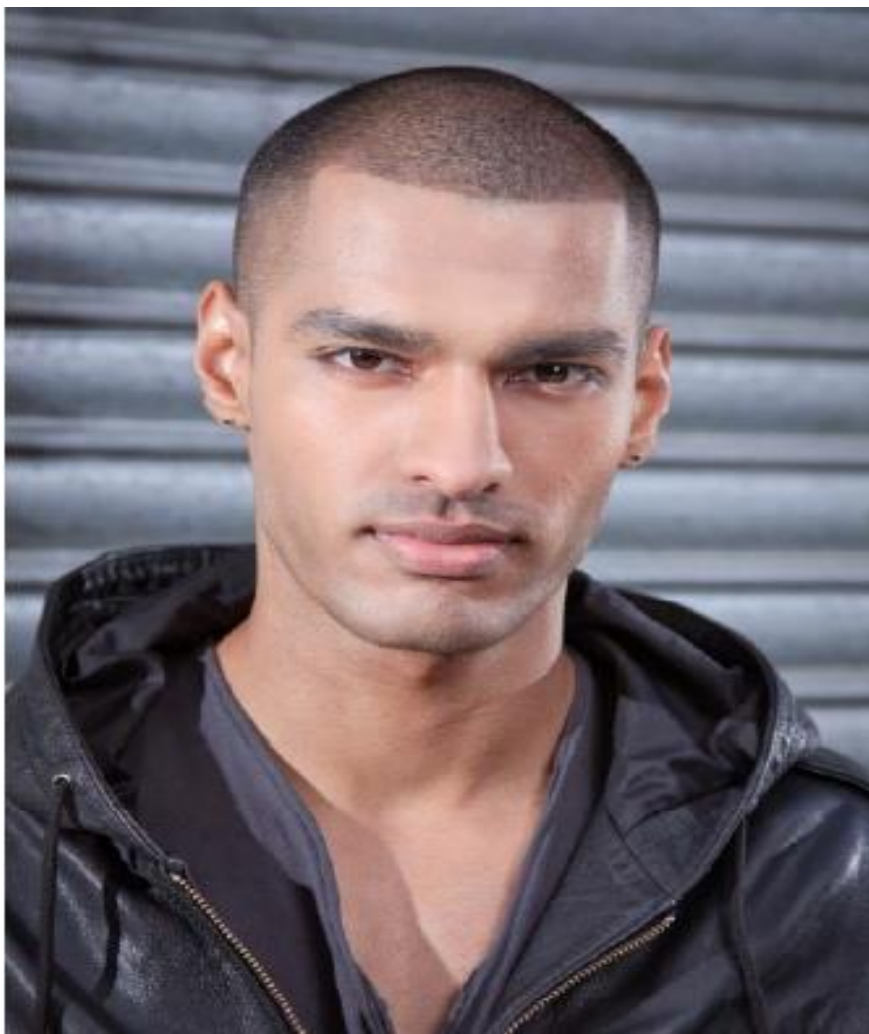
- 1) To explore our attitudes towards drug use.
- 2) To understand that all sorts of people may misuse drugs.
- 3) To challenge myths about drug use.
- 4) To know a range of skills to resist peer pressure.
- 5) To develop some skills to help you make good choices.





**CAN  
YOU  
TELL ?**























What is Peer Pressure?


# Peer

A person of similar age

# Pressure

Persuading someone to do something.



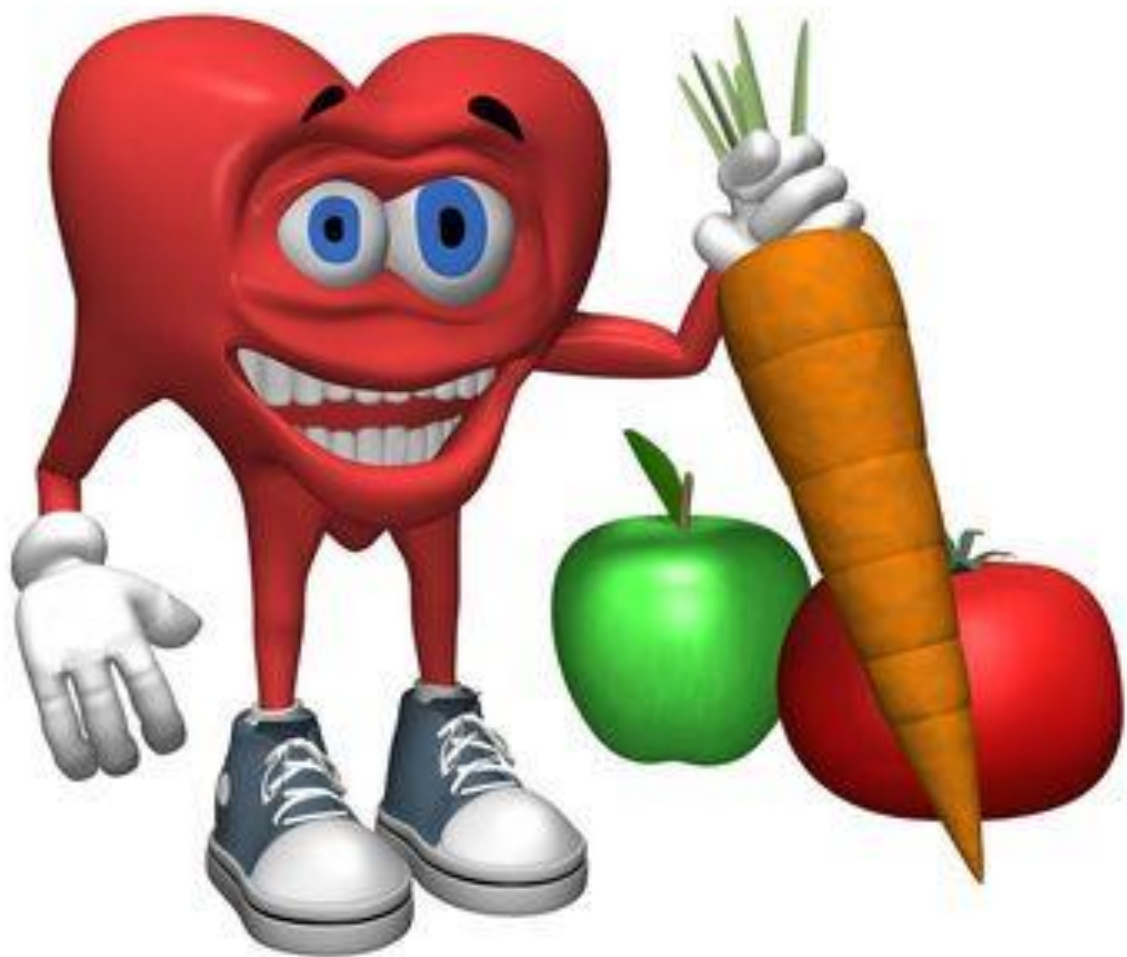


# Positive or Negative Pressures?







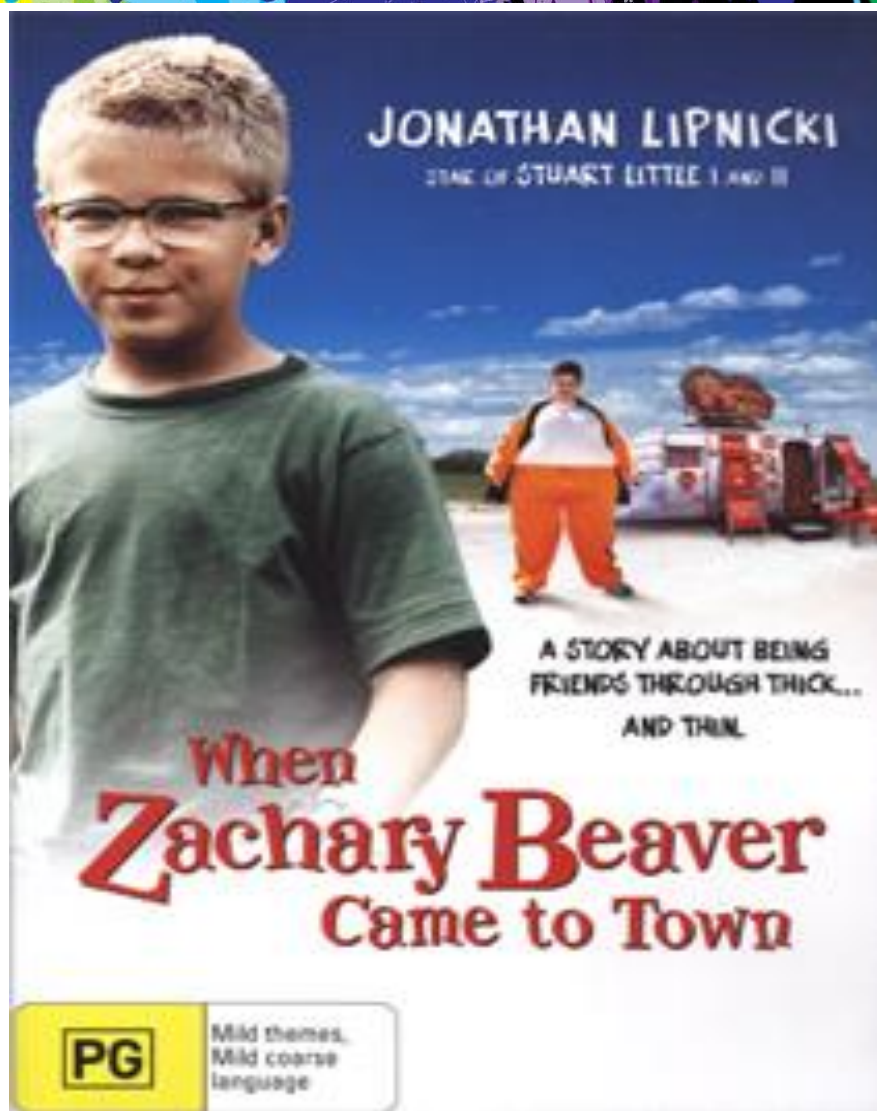








# Diamond Nine Game





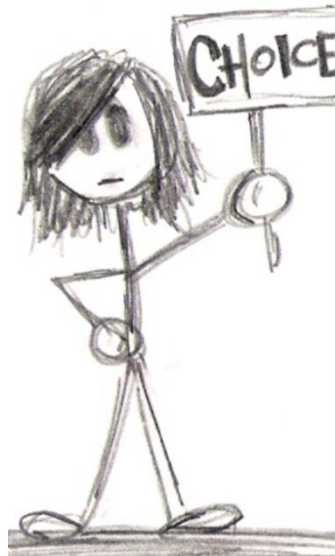
WHAT WOULD  
YOU DO



If someone is asking  
you to do something  
wrong they might say  
things like.....

"Everyone does it"  
"No one will know"  
"You're chicken"  
"Who's going to find  
out?"  
"Don't be a wuss"  
"Go on, I dare you"

# Make Good Choices!®



**Think:**

Do I want to do this?  
(What is your body  
telling you?)

What good things could  
happen?

What bad things could  
happen?



- ❖ Say it like you mean it.
- ❖ You don't have to give reasons or excuses. "No" by itself is enough.
- ❖ Suggest doing something different.
- ❖ If the person continues to pressure you, walk away.

**How can I  
say no?**





Don't be afraid to Stick up for  
what you believe is right!!

