

Worksheet: Responding assertively to peer pressure

Student instruction

1. Form groups of 3 students.
2. Choose a different student to give the assertive response in each situation. Make sure everyone gets a turn. The other two are observers.
3. Read the situation, 1 gives the response in an assertive way (just one or two sentences)
4. Then answer the following reflective questions directly after:
 - A. Feedback from observers:
 - How did it go? Was the 'responder' able to resist the pressure and give an assertive answer? Was (s)he able to apply the rules of clear communication?
 - Any tips for improvement?
 - B. For all: Write the effective responses down on this form or in your Top Tip Peer Book.
 - C. Then go to the next situation. Make sure you keep up the speed.

3 peer pressure situations

1. Peer pressure: Scaredy cat.

You are walking home from school with your friends. A stranger driving a car pulls up on a side of the road and offers you and your friends a lift home. All your friends insist that you get into the car. You don't want to get into the car because you know that there are increasing cases of attacks from strangers in your that area. All your friends start making fun of you, calling you a "scaredy cat". **How do you respond assertively?**

Answer: _____

2. Pressure from parents: Play or do house work?

You're at home with your mother and brothers and sisters. Your friends are playing, talking and laughing outside and you want to join them. Your mother won't allow it and tells you to fetch water. **How do you respond assertively?**

Answer: _____

3. Bullying: Short is beautiful.

Some of your classmates bully you, because you are short. You feel bad about it and wish it would stop. **How do you respond assertively?**

Answer: _____

An extra simulation, when time allows

4. Peer pressure: Mchezo.

On a night of "mchezo" all your friends are discussing that after the dances they will go and have sex with their girlfriends. They insist that you must also do the same with your girlfriend, but you don't want to because you and your girlfriend already discussed that you are not ready to have sex yet. Your friends start laughing at you, saying you are not a real man. **How do you respond assertively?**

Answer: _____