

“The Cool Spot”-Peer Pressure Resistance Training

What is Peer Pressure Resistance Training?

This program focuses on teaching students how to identify the different kinds of peer pressure and also pressure from the media and how to resist it. It is no secret that our pre-teens are under internal and external pressure to fit in, have friends or feel like they belong, and to appear mature. This combined with the developmental stage of moving away from the adults in their life can make them vulnerable to peer pressure (Berndt, 1979). Physiological development of their brain further complicates their ability to make sound decisions and/or predict the consequences of their decisions. Studies of the development of the brain support this notion. According to the American Academy of (Child and Adolescent Psychiatry 2018) the frontal cortex of the brain which deals with reasoning and cause and effect decision making is not fully developed until young adulthood.

By learning Peer Pressure Resistance skills students in 7th grade will gain skills to identify and assertively resist peer pressure. Specifically, they will be able to;

- Define Peer Pressure
- List at least one reason why someone might give into peer pressure
- Use specific refusal skills/steps to resist peer pressure
- List the two types of peer pressure-both positive and negative
- Convey the three goals of resisting peer pressure 1) Do the right thing 2) Stay out of trouble 3) Keep your friends
- Understand the difference between passive, aggressive and assertive communication and the importance of using assertive communication (both verbal and non-verbal) when resisting peer pressure.

www.coolspot.gov