

Name _____

Date _____

STOP - THINK - CHOOSE

Adult: read each section aloud. Children should answer aloud. Write only short key words when a blank is provided.

What is peer pressure?

Peer pressure happens when another child or a group tries to control your choice. The pressure may be loud, quiet, friendly, teasing, threatening, or hidden inside a promise of attention.

Important: a friend may suggest something without pressuring you. It becomes pressure when the person pushes, manipulates, threatens, or will not respect your answer.

Five common pressure clues

THE CROWD

"Everyone else is doing it."

THE INSULT

"Do it, or you are a baby."

THE REWARD

"You will be popular. We will film it."

THE SECRET

"Do not tell your parents or teacher."

THE RUSH

"Do it now. Stop thinking about it."

Notice your body's warning signals

You might feel a hot face, tight stomach, fast heartbeat, fear of being left out, a sudden need to hurry, or a strong wish to make the group approve of you.

Say aloud: Which signal do you notice most often when you feel pressured?

The four-question wisdom check

1. Is it SAFE?

2. Is it ALLOWED and legal?

3. Is it KIND and fair?

4. Could I comfortably TELL a trusted adult?

If a choice fails even one question, pause. If it fails safety or rules, do not try it 'just once.' Say no, move away, and get an adult when someone could be hurt.

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A scary action is not automatically a brave action

Talk through the purpose and likely result of the action - not only whether it feels frightening.

NERVE

Facing fear or danger. Nerve can be used for a good choice or a bad choice.

MORAL COURAGE

Facing fear to protect someone, tell the truth, get help, or do what is right.

RECKLESSNESS

Taking an avoidable risk or doing harm without using good judgment.

Adult comparison: a frightening crime is still wrong

Robbing a liquor store would be dangerous and frightening. A person might need nerve to do it, but the purpose is illegal and harmful. That is not moral courage. If friends pushed the person into it, the person also surrendered good judgment to peer pressure.

The courageous choice would be refusing, leaving, warning someone in danger, and telling a trusted adult or police officer.

Quick sort - say your choice and explain why

Choose: MORAL COURAGE, SAFE BRAVERY, RECKLESS/WRONG, or NOT ENOUGH INFORMATION

- 1 A child admits breaking a lamp even though a consequence may follow.

- 2 Friends dare a child to climb onto a locked roof to prove courage.

- 3 A nervous child tries a climbing wall while wearing safety gear with an instructor.

- 4 A child steals candy because friends say, 'Prove you are not scared.'

- 5 A child reports an unsafe plan even though the group may tease them.

- 6 Children operate a boat lift without an adult because everybody wants a turn.

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SETTING - Parent reads aloud

A group sees a gate marked STAFF ONLY. A ladder behind it leads to a low roof. Two children squeeze through a gap. Dex tells Ari, 'Everyone is doing it. If you are brave, prove it. We can film it, but do not tell the adults.'

STEP 1 - Spot the pressure

1 Which exact words are pressure clues? Say at least three.

STEP 2 - Run the wisdom check

☐ Safe?☐ Allowed/legal?☐ Kind/fair?☐ Can tell an adult?

2 Which question gives the fastest reason to stop? Explain aloud.

STEP 3 - Name the choice correctly

3 Would climbing show moral courage, nerve, or recklessness? Why?

STEP 4 - Practice the response

4 Give a clear no without insulting anyone.

5 Dex keeps pushing. What do you repeat, where do you go, and whom do you tell?

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SCENARIO B - The mean movie

Ellie's friends want to film a fake horror movie. They decide to make fun of another child's handwriting in the video. One friend says, 'It is only a joke. If you refuse, you cannot be in our movie.'

1 What is the pressure? What feeling is the friend trying to create?

2 Who could be hurt even if the group calls it a joke?

3 Give a refusal that is calm, firm, and kind.

SCENARIO C - The store challenge

Friends dare Ari to put a candy bar in his pocket without paying. They say, 'It is only one. Nobody will know. Prove you are not scared.' One child already did it.

4 Does another child's bad choice make the action wise or allowed? Explain.

5 Why would stealing be wrong even if it feels frightening?

6 What should Ari say and do next? Include leaving and getting help.

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SCENARIO D - The boat-lift crowd

Several children are near the dock without an adult. A friend says, 'Let us lower the boat. Everybody gets one turn. Do not be boring - the adults will never know.' The boat could float free, the equipment could break, or someone could be injured.

- 1 Name three pressure clues in the friend's words.

- 2 Name two possible consequences besides getting in trouble.

- 3 What should the children do before touching the lift or boat?

SCENARIO E - The courage to get help

A younger child walks onto the dock alone. Friends tell Elliana, 'Do not call your mom. We will all get in trouble, and everyone will blame you.' Elliana knows the child could fall into the water.

- 4 What pressure is the group using?

- 5 Would telling an adult be tattling or protective courage? Why?

- 6 Give Elliana's exact words to the group and to an adult.

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The four-part response ladder

Adult plays the person applying pressure. Child practices every round aloud. Do not argue for five minutes; use a short response and move.

1. NAME THE DECISION***"No. I am not doing that."*****2. END THE DEBATE*****"I already answered. I am not arguing."*****3. MOVE AWAY*****"I am leaving now."*****4. GET HELP*****"I am telling an adult because someone could be hurt."***

ROLE-PLAY ROUNDS

- ☐ Round 1: The friend asks once in a friendly voice.
- ☐ Round 2: The friend says everyone else is doing it.
- ☐ Round 3: The group laughs, insults, or threatens to exclude you.
- ☐ Round 4: The action could hurt a person or damage property - leave and get help.

MY SAFETY PLAN

Two trusted adults I can tell: _____**A safe place I can move toward:** _____**My strongest refusal sentence:** _____

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Example answers - not the only acceptable answers

Let Elliana and Ari answer first. Use these examples to fill gaps, correct unsafe reasoning, and model stronger language.

PAGE 2 - Quick sort

- | | |
|---|---|
| 1. Moral courage - honesty despite a consequence. | 4. Reckless/wrong - stealing does not become brave because it is scary. |
| 2. Reckless/wrong - forbidden risk created by a dare. | 5. Moral courage - protecting others despite teasing. |
| 3. Safe bravery - fear managed with protection and instruction. | 6. Reckless/wrong - dangerous equipment requires adult supervision. |

PAGE 3 - Locked roof

- 1 **Pressure clues**
'Everyone is doing it,' 'prove you are brave,' the promise of views, and 'do not tell.'
- 2 **Fastest stop**
The STAFF ONLY sign makes it unallowed immediately; the ladder and roof also make it unsafe.
- 3 **Correct label**
Climbing may require nerve, but it is reckless because the goal is a forbidden and avoidable risk.
- 4 **Refusal**
'No. I am not going through a locked gate.'
- 5 **Escalation**
'I already answered. I am leaving and telling Mom or the teacher because someone could get hurt.'

PAGES 4-5 - Scenario examples

- 1 **Mean movie**
The threat of exclusion is pressure. The target could be embarrassed. Response: 'No. Making fun of someone is not funny. I will act in a different scene or leave.'
- 2 **Store**
Another person stealing does not make it legal or wise. Response: 'No. I am not stealing. I am leaving, and I will get an adult if you keep trying.'
- 3 **Boat lift**
Clues: everybody, do not be boring, adults will never know. Possible results: injury, escaped boat, or broken equipment. Wait for adult permission and supervision.
- 4 **Dock**
Fear of blame and group trouble is pressure. Getting an adult is protective courage, not petty tattling, because a child could drown.