



DECLARATION OF INDEPENDENCE FROM PEER PRESSURE POSTER SERIES

Learning Objective. I will be able to share tactics for resisting the influences of negative peer pressure.

Directions. We hold these truths to be self-evident, that all students in this school are free to make their own decisions without negative pressure from others, — That whenever any Form of Peer Pressure becomes destructive of these ends, it is the Right of the People to alter or to abolish it... (adapted from the Declaration of Independence, obviously).

In his Natural High Video, Mike Conley said that before he gained the confidence to simply say “no” he invented excuses to avoid negative situations. It can be a challenge to think of the right thing to say in the heat of the moment. This is one of the reasons peer pressure can be so effective. Knowing how to respond before you’re in a troubling situation can help. In this activity, you are going to write your own declaration of independence from negative peer pressure. This should help arm you with responses for avoiding bad situations.

Start by checking out this helpful websites and videos:

[https://www.youtube.com/watch?v= A7h2JtcPf0&list=PLvgCQMtQkX-5X00zZID-YE7FNcII0d_Z0&index=14](https://www.youtube.com/watch?v=A7h2JtcPf0&list=PLvgCQMtQkX-5X00zZID-YE7FNcII0d_Z0&index=14)

http://kidshealth.org/teen/homework/problems/peer_pressure.html#

<http://teens.drugabuse.gov/blog/post/good-riddance-peer-pressure>

<http://www.marchofdimes.org/materials/teen-2-teen-self-esteem-peer-pressure-and-stress-management.pdf>

Now, design a poster that gets the word out about effective ways to resist negative peer pressure. An effective poster will include facts about how peer pressure works and how to respond to it. Don’t just list information. Be creative. Think carefully about how to make this a fun and engaging way to learn about responding to negative peer pressure.