### Subject

Instructional

Technology

Health

Information LIteracy

**Concept**

Role Play

#### Grade Level

6-8

National Career Guidelines

Goal

PS3

Integrate personal growth and change into your career development

### Type of Activity

Team Activity

Related Occupations

Psychologist

Counselor

Stress and Peer Pressure

This activity uses the Internet to research ways to deal with specific peer pressure or stress issues and includes a role-play activity to demonstrate ways to deal with the issues.

## **Materials/Supplies**

Computer with Internet access, pen/pencil, paper, props (as needed for role-play activity), problem statements (see Additional Resources for sample problems)

## **Activity**

* Divide the class into teams of three to four students. Give each team a problem dealing with peer pressure or stress to solve.
* Have teams use the Internet to research ways to deal with their specific issues.
* Ask each team to create and present a role-playing activity to the class on a stress or peer-pressure issue and ideas they found to deal with it.
* Ask the audience to provide additional ideas for dealing with the issue presented.

**Evaluation**

Students will be evaluated on team participations, research, and the role-playing activity.

**Additional Resources**

List of Stress and pressure items to discuss and roleplay.

Problems the teams might research may include:

1. Your best friend has been acting different lately. She seems sad, distant, talked of dying, and has withdrawn from many activities. You think she may be depressed or even suicidal.
2. You are overstressed. You haven’t been sleeping well at all, and your grades are dropping. Your boss has added ten hours a week to your schedule, and mid-term tests are next week.
3. Your neighbor is a grade ahead of you in school and has been using drugs. She recently began asking you to try some drugs with her. She assures you she hasn’t had any problems since she started using them. She feels great and her grades have even improved.
4. You are part of a group of five who hang around together all the time. Last week when you went to the mall one of your friends shoplifted a CD. He issued a challenge to the rest of the group to do the same when you go to the mall on Saturday.
5. Your mom just lost her job.
6. Your just transferred to a new school and don’t know anyone but Jamee. She has decided to cut class and asks you to come along. She tells you that the school will leave a message on your home machine which you can erase before anyone hears it.
7. What messages are females given about being feminine?
8. What messages are males given about being masculine?
9. What do advertisements want you to think you need?
10. What are advertisements trying to get you to do?
11. The feelings they have towards themselves relating to how they see themselves and how they think others see them.
12. Problems that may arise out of the home with other family members.
13. Traumatic or grief related events like divorce between parents, death or illness in the family can also be a likely cause for teen peer pressure.