

## 5. Drop-A-Line



**Objective:** This activity encourages group discussion about the dangers of peer pressure and helps teens come up with responses to resist peer pressure.

**Estimated time:** 10-15 minutes

**Materials needed:** stop watch or clock with second hand, board or paper, pen

**Ages:** 12-15

**Preparation:** None

### *Directions for Facilitator:*

1. Divide group into two teams, Team A and Team B, by counting 1, 2.
2. Explain to each team that they have 2-4 minutes to think of “pressure lines” that they have heard either in real life, in a movie, or on TV.
3. Give the group the following definition of Peer Pressure Lines:

**Peer pressure lines are things that people your own age say to try and get someone to do what they want them to do.**

4. Encourage participants to say, “One pressure line is \_\_\_\_\_” so as not to disclose if they heard it from someone in their own life or in a movie or TV.
5. Write lines/responses on board or paper for visual feedback.
6. Have each team select 3 pressure lines they like the best or think are the most commonly used.
7. Team A then challenges Team B by saying one of their pressure lines out loud.
8. Team B has 1 minute to come up with a response.
9. Team B shares the responses they came up with, mentioning the one or two they think would work best in resisting the peer pressure.
10. Team B then challenges Team A with one of their pressure lines.
11. Team A has 1 minute to come up with a response.
12. Team A shares the response they came up with, mentioning the one or two they think would work best in resisting the peer pressure line.
13. This activity continues until all pressure lines have been used and responses are given or until time is up.
14. If the teams come up with identical pressure lines, they are encouraged to use a different one in order to increase the variety of responses.

## *Discussion*

Prompt a discussion about what the teams found helpful when faced with a pressure line. Ask the participants if it helps to talk through responses with friends/family. Ask participants to identify specific situations when pressure lines might be used and what the reasons might be.

Examples of peer pressure lines:

“You’ll really like this drink. It tastes really good.”  
“Everybody is drinking. You’ll look weird if you don’t.”  
“Take this pill. It will help you feel relaxed and your parents won’t know.”  
“Don’t be such a baby.”  
“If you love me, you’ll do this.”  
“I would do the same thing for you.”

Possible peer pressure line responses:

“No, thanks.”  
“I’m all set, thank you.”  
“I don’t need that to have a good time.”  
“I don’t drink/do drugs.”  
“I feel uncomfortable doing that.”  
“I know you’ll respect my decision if you’re a true friend.”  
“I want to wait.”  
“Now is not the right time for me.”  
“I’ve never forced you to do anything that you didn’t want to do.”

# Closing Activities

## 1. *Sentence Completion*



**Objective:** This closing activity allows participants to reflect on the material presented and share something they learned during the group.

**Estimated time:** 5 minutes

**Materials needed:** None

**Ages:** 12-15

**Preparation (5 minutes):** Copy and cut out the phrases (see Appendix 3-4) or write or type the phrases on individual pieces of paper that are folded and put into a hat or box.

### *Directions for Facilitator:*

1. Ask participants to sit in a circle.
2. Have each participant pick a phrase from the hat.
3. Go around the circle and have participants read the phrase aloud and complete the sentence.
4. Remind participants that they may “Pass” if they do not want to respond.
5. If there are more than nine participants, questions can be recycled, or phrases can be added. If there are fewer than nine participants, multiple phrases can be answered by each participant.

### Fill in sentences relating to how to stay safe:

Today I learned \_\_\_\_\_.

One of the ways I can keep myself safe is \_\_\_\_\_.

In order to have a good and safe time at a party, I will \_\_\_\_\_.

A way that I can help a friend stay safe is \_\_\_\_\_.

It is important to have a safety plan so that \_\_\_\_\_.

My safety plan includes \_\_\_\_\_.

If I need help or want advice, I know I can talk to \_\_\_\_\_.

Something I’ll do differently after today when I’m going out is \_\_\_\_\_.

When faced with peer pressure I will \_\_\_\_\_.

My favorite activity today was \_\_\_\_\_.

## 2. *Not Your Typical Lecture*



**Objective:** This activity allows participants to review important safety plans in a fun and interactive way.

**Estimated time:** 5-10 minutes

**Materials needed:** None

**Ages:** 12-15

**Preparation:** None

### *Directions for Facilitator:*

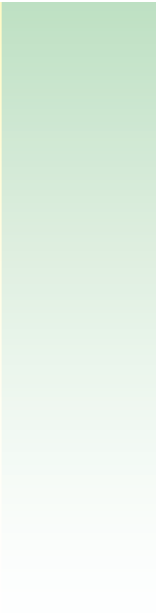
1. Divide participants into 2 teams, A and B.
2. Tell both teams that they will be pretending to be a caring and concerned parent of a teenager.
3. Group A must come up with a lecture for the teenager as she is about to leave the house for a party at a friend's house. It should include 5 safety elements (see example below).
4. Group B must come up with a lecture as the teenager is about to leave for the movies at a theater two towns away. It should include 5 safety elements (see example below).
5. Give each team 2-3 minutes to prepare their lecture.
6. Each team should pick one person to deliver the lecture to the entire group.
7. Have the teams critique their lecture. Ask: What elements were positive in the lecture and what comments were negative?

### *Discussion:*

Prompt discussion around the qualities that make us feel good in relationships. What qualities do you think are important in relationships after this group? What are the aspects you value most in your relationships?

### *Sample for Team A:*

“Maura - I want you to have a good time at the party tonight but there are some things I want you to keep in mind. Take your cell phone in case you need to call us and can't use the phone there. Don't drink anything that another person gives you. It is a good idea to think up a line before you get there that will help you refuse a drink without feeling embarrassed. There may be people there you don't know, so don't go off alone with someone you have just met. If you want to leave the party or need a safe ride home, call us and we will pick you up.”



*Discussion (continued):*

*Sample for Team B:*

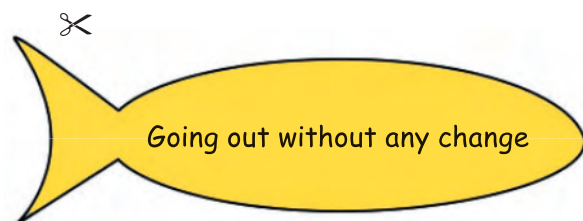
“Jane - there are a few things I want you to keep in mind today. If you meet other kids at the movies who you have never met before, don't go anywhere with them. If you decide to walk to the mall across the street, don't accept a ride from anyone. Be sure to take enough extra money to call me if you need a ride home or if you have a problem. Make sure you stay with your friends. I want you to be home by 10:00. If you are going to be later, call to let me know. Have a good time!”

# Fish Cut-Outs for “Go Fish”

## Safe Ideas



## Risky Ideas



## Cards for “Street Smarts”



Card #1

You are walking home and become aware that someone has been walking behind you. What do you do?

Card #2

You are at the train or bus stop with your friend. Two older teens start talking to you. They seem nice and tell you they are going to a party at their friend's house and invite you to come. What do you do?

Card #3

You are walking and it is cold out. Some boys in a car stop and offer you a ride. You know one of them from school. You can see that one of the boys in the back seat is drinking a beer. What do you do?

Card #4

You get on the train or bus and there are no seats left. You realize that the man behind you is standing so close to you that he is touching you and you feel uncomfortable. What do you do?

Card #5

A friend invites you to go back to her house after seeing a movie together. You told your parents you'd be home right after the movie. What do you do?

Card #6

As you are walking home, you decide to take a short cut and then realize you are lost. It is beginning to get dark outside. What do you do?

## Mystery Cards for “Street Survival”



### Mystery Card #1

You are going to a place where there are stores and maybe an area to get something to eat. You are at home and are getting ready to go on this adventure. You can only pack 5 things in your bag to bring with you. Decide with your team what 5 items you are going to pack. Is there anything else you would like to do before you leave?



### Mystery Card #1 DISCUSSION

You may have guessed that you went to the Mall! What you may not have guessed is that you went to the Mall with your friend and then you accidentally got separated from each other.

- Did you have what you needed to keep yourself safe and find a way home or find your friend?
- Would you change the 5 things you would bring with you now that you know the situation?
- How would the items you brought with you help you in other situations?
- Is there anything you would have wanted to do before you left home?



## Mystery Cards for “Street Survival”



### Mystery Card #2

You are going to a place where there will be music and people. There will be people you know and some you don't know. You are at home and are getting ready to go on this adventure. You can only pack 5 things in your bag to bring with you. Decide with your team what 5 items you are going to pack. Is there anything else you would want to do before you leave?



### Mystery Card #2 DISCUSSION

You may have guessed that you went to a party at a friend's house. What you may not have guessed is that your ride is not going to be able to drive you home by the time you're supposed to be home. Also, you have heard that your ride might have been drinking.

- Did you have what you needed to keep yourself safe and find a way home?
- Would you change the 5 things you would bring with you now that you know the situation?
- Would the items you brought with you help you in other situations?
- Is there anything you would have wanted to do before you left home?

## Mystery Cards for “Street Survival”



### Mystery Card #3

You are going to a place where you have never been before. You have to get there and it will involve meeting someone you know at this place. You are at home and are getting ready to go to this Mystery place. You can only pack 5 things in your bag to bring with you. Decide with your team what 5 items you are going to pack. Is there anything else you would want to do before you leave?



### Mystery Card #3 DISCUSSION

You may have guessed that you are visiting a friend in a new neighborhood. What you may not have guessed is that you get lost on the way.

- Did you have what you needed to keep yourself safe and find a way to your friend's house or back to your home?
- Would you change the 5 things you would bring with you now that you know the situation?
- How would the items you brought with you help you in other situations?
- Is there anything you would have wanted to do before you left home?

# Sentence Completion



Today I learned \_\_\_\_\_.

One of the ways I can keep myself safe is \_\_\_\_\_.

In order to have a good and safe time at a party, I will \_\_\_\_\_.

A way that I can help a friend stay safe is \_\_\_\_\_.

It is important to have a safety plan so that \_\_\_\_\_.

My safety plan includes \_\_\_\_\_.

If I need help or want advice, I know I can talk to \_\_\_\_\_.

Something I'll do differently after today when I'm going out is \_\_\_\_\_.

When faced with peer pressure I will \_\_\_\_\_.

My favorite activity today was \_\_\_\_\_.