

Managing Peer Pressure

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Table of Contents

- ▶ Introduction and Check-in (2 min)
- ▶ Topic: Managing Peer Pressure
 - ▶ Identifying Peer Pressure Language Cues (5 min)
 - ▶ Cognitive Restructuring and Reframing Responses (5 min)
 - ▶ Practicing Assertive Communication (5 min)
- ▶ Wrap-Up and Takeaways (3 min)

Introduction - Confidentiality

Counselling is confidential. This means I will not share information about you with a third party unless you consent to that disclosure. So I will not tell anyone that you attend counselling, or what you say in our sessions, without your permission to do so.

Exceptions to confidentiality

- ▶ There are circumstances when I might have no choice but to share information about you, even if you do not agree to this happening. These are:
 - if there is a serious concern for your or someone else's safety, particularly if a child is at risk of serious harm;
 - if there is a legal obligation relating to your involvement in, or knowledge of, a serious crime;
 - if there is a court order requesting information about you;
 - if it is essential to prevent a serious and imminent threat to either public health or national security.
- ▶ Where possible, though, I will always seek your consent before any disclosure.

Check-In

- ▶ Introduce yourself with your name and pronouns.
- ▶ Then, share **one** exciting thing that's happened to you this past week.

Goals

- ▶ Increase awareness of Peer Pressure Tactics
 - ▶ Identify manipulative language used in Peer Pressure
- ▶ Develop Cognitive Restructuring Skills
 - ▶ Challenge negative automatic thoughts
- ▶ Strengthen Assertive Communication
 - ▶ Refuse, Redirect, and Delay
- ▶ Apply Skills to real-life scenarios

Peer Pressure

When was a time you felt pressured to do something you didn't want to?

Keep it general, not looking for deep answers.

Language Cues

- ▶ When you're feeling pressured by a peer, what emotions do you notice in yourself?
- ▶ What cues do you recognize them saying?

	Emotional Appeal	Guilt	Threats to Social Status
What it looks like:	Plays on feelings to manipulate behavior.	Makes someone feel bad for refusing.	Attacking identity or reputation.
What it sounds like:	“Come on! It will be fun!”	“Everyone else is doing it. I guess you’re different.”	“If you back out, you’ll ruin the whole thing for everyone.”
How do these statements make you feel? Why do they work?			

Restructuring and Reframing

	Emotional Appeal	Guilt	Threats to Social Status
Why it works:	People want to feel liked, valued, and included.	Exploits fear of rejection / letting people down.	Exploits fear of embarrassment or exclusion.
How to Reframe:	“I’m not a bad friend if I refuse. I respect my own boundaries.”	“If they’re trying to make me feel guilty, they’re not respecting my choices.”	“My worth isn’t defined by how others think of me.”

Assertive Communication

- ▶ This activity will teach students how to say NO confidently.

Refuse	Redirect	Delay
Direct, but Respectful No	Changing the subject or offering an alternative	Buying time to avoid immediate pressure
Sets boundaries immediately and firmly. Leaves no room for negotiation.	Maintains rapport and relationships without giving in.	Diffuses immediate pressure, gives time to prepare a stronger response.
“No thanks, I don’t want to.”	“Let’s do something else instead.”	“I’ll think about it and let you know later.”

Scenario

- ▶ Scenario: Using AI to draft part of the group manual.
 - ▶ What goes through your mind? Do you weigh pros and cons?
 - ▶ Peer Pressure: What does that look like in this scenario?
 - ▶ What's your first thought when someone pressures you like that?

Reflection

- ▶ Share one phrase you will take with you next time you face peer pressure.
- ▶ What's one thing you learned today?

You have the power to make your own choices!