



# Alcohol and handling peer pressure

50 minutes



## Overview

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This lesson makes students aware of the relationship between peer pressure and underage drinking.

All of our resources are flexible and can be easily adapted to suit individual teachers' needs. The resources can be taught alongside other PSHE topics, for example, nutrition, drug or sex education. Teachers can pick and choose which activities to use, and when to teach them.

## Learning objectives

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- To understand how young people's actions in relation to drinking alcohol can be influenced by their peers
- To understand that peer pressure can lead to underage and irresponsible drinking
- To build confidence to identify and manage peer pressure assertively

## Resources

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- Alcohol and handling peer pressure **video**
- Alcohol and peer pressure **scenario sheet**
- Alcohol and peer pressure **presentation**
- Alcohol and peer pressure **curriculum links**
- Alcohol education **guidance notes**



## Starter

Alcohol and handling peer pressure

10 minutes

Watch the **video** (1.15 minutes) of young people talking about peer pressure and their personal experiences.

### Discussion questions

1. What do students think peer pressure is?
2. Why do they think people follow what others do?
3. Ask students to volunteer examples of peer behaviours that they have seen. These could be positive or negative.
4. What are the potentially negative consequences of peer pressure? (*This should generate answers relating to risky behaviour, such as smoking, drugs or alcohol.*)

If it hasn't come up in discussion already, explain to the class that peer pressure can lead to young people drinking underage.

1. Why do students think that peer pressure can lead to young people drinking?
2. Can students think of particular situations where the pressure to drink might arise?

## Main activity

Scenarios

25 minutes

Divide the class into pairs. Give each pair a scenario and ask them to discuss or role-play:

- What they think the correct decisions and response should be?
- How peer pressure from friends might influence the decisions and responses of the characters in the scenarios?
- What might the consequences be? (For an in-depth look at the negative consequences of drinking, see the **Understanding the risks and harms associated with alcohol** lesson.)

Take feedback from the pairs in turn.

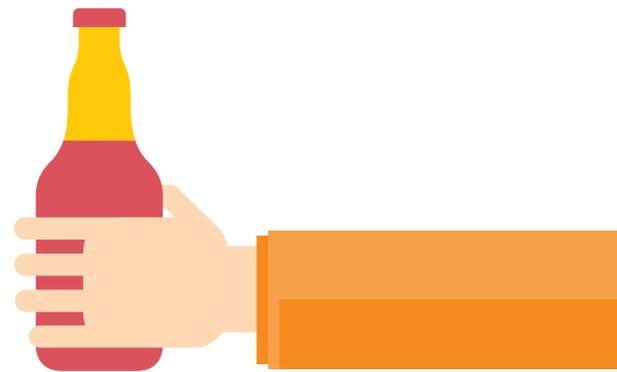


## Plenary

Triple technique

15 minutes

1. With the whole class discuss the qualities and techniques needed to resist peer pressure to drink alcohol. How, if at all, can these be learned and practised?
2. Provide the class with this triple technique:
  - Tell them
  - Tell them you've told them
  - Tell them again
3. In pairs, ask students to return to the scenario they were discussing earlier. Use the technique to role play positive and assertive ways to refuse to drink alcohol.



## Home or extended learning

### Building your drink refusal skills

Using the triple technique, create a dialogue between Alex and Olly to achieve a positive outcome for the scenario, below.

Alex and Olly have been friends for years. They always hang out together after school and in the holidays. Recently Alex has started to spend more and more time alone – often at the local park - drinking alcohol. Alex wants Olly to try it too. Olly doesn't want to but doesn't want to upset Alex.

Older students can use the following link to research their answers:

<http://rethinkingdrinking.niaaa.nih.gov/tools/Interactive-worksheets-and-more/Stay-in-control/drink-Refusal-Skills.aspx#form2>