Health class at home for the week of May 26, 2020

Hello! This week’s lesson is on Friends. Now that you have had a chance to talk to you parents about dating, we will move on the how you can have good friendships and avoid some forms of peer pressure. You have 2 jobs this week, and we hope you take them to heart and complete them. Heck, even if you complete them 2 weeks from now, we’re happy. Just do it! 😊

1. Read through the PowerPoint and answer the questions for yourself. Take this to heart, even thought you haven’t been face to face with you friends, you can use some of what you leaned in the PowerPoint online as well.
2. On a sheet of paper jot down your thoughts and ideas for the different situations from the last slide. Just for fun have your parents do the same situations. After they’re finished, compare your answers with your parent’s. Are you on the same page with what you think being a friend should look? If not, what might you change? Have a great week and stay safe!

Mrs. Denton & Mrs. Larson
In order to have good friends, you have to be a good friend.”

Do you agree? Why or why not?
Friends would never......

NO WAY, JOSE !!

NEVER, EVER, EVER, EVER......
What are your expectations for a great friend?

Make a list of 5:
GOOD FRIENDS

- Listen
- Are dependable
- Are trustworthy
- Can disagree without hurting feelings
- Show respect
- Care
- Try to understand each other’s feeling & moods
- Give room to change
- Give each other compliments
- Help solve problems
- Don’t put each other down
Good Qualities

All good friends should have these qualities:

❖ Trustworthy/dependable
❖ Honest
❖ Loyal
❖ Caring
What kind of things can you do to begin & keep friendships?

Make a list of your thoughts
What is a clique?

A group of friends who hang out together and act in similar ways. (and doesn’t include all students)

Cliques are common in teen years. Members of cliques usually have certain things in common.

Examples: athletic cliques – might play on the same team

Name some specific cliques here at Star
Here are some positive and negative things about cliques

Positives

- Provides a sense of belonging
- Provides friends with similar interests
- Provides support – you are part of a group who cares about you

Negatives

- Pressure to participate in risk behaviors
- May discourage personal opinions/decisions
- Pressure to go against beliefs/values
- Feeling controlled by the group
The definition is:

Peer pressure is the influence to go along with the beliefs and actions of other people of your age.

Is peer pressure always bad?
Influences

Negative influences can pressure you to do something that is unhealthy or dangerous.

Positive influences can encourage you to improve yourself or to do good.
If you find yourself being pressured, what can you do?

- Say “no”
- Walk away
- Find new friends
- Suggest other activities
- Talk to someone you can trust
Why Do People Give in to Peer Pressure?

▪ Want to be liked
▪ Makes them feel like they fit in somewhere
  ▪ Don’t want to be made fun of
  ▪ Want to try something new

The idea that "everyone's doing it" can influence some kids to leave their better judgment, or their common sense, behind.
COMMON TYPES OF PEER PRESSURE?

What are teens pressured to do?
Pressure

Direct pressure is the result of someone trying to convince you to do something you normally wouldn’t do.

Indirect pressure results from being swayed to do something because people you look up to are doing it.

Can you think of an example of each?
WHAT IF??????

Answer the questions to the following scenarios. Give details.

A. Your friend starts stealing from you and other people at school.

B. You find out that your friend has been telling stories about you that aren't true.

C. Your friend keeps saying and doing things that hurt your feelings.

D. You found out that your best friend is hanging out with some kids who smoke pot and drink alcohol. You don’t believe that is a good choice.