Year 5 - Lesson plan for session 3

Resisting peer pressure

[Positive Choices Coventry](https://www.changegrowlive.org/positive-choices-coventry)

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| Links to PSHE Association Programme of study  See:  <http://www.pshe-association.org.uk/resources> | Learning outcomes    By the end of this lesson, the pupils will have:   * Explored assertive behaviours. * Practice skills to resist persuasion or pressure. * Explored what we may be tempted by that isn’t healthy for our bodies |
| Time required | 30 minutes (depending upon pupil’s needs and teacher choices) |
| Required resources | White board and pen  We would also suggest that pupils have a PSHE learning journal to provide evidence of learning and progression and as a reflective log. |
| Lesson Plan | Create a character on the board who is 11 years old. Ask the class to give you some information about this person, e.g:   * Name * Where they live * Who they live with * What they like doing   The class is to be split into smaller groups.  Each group is to ask for a volunteer to pretend to be this character. Explain the rest of the group are going to play people who are going to try to persuade the main character to engage in something unhealthy.  Ask the children what this activity could be?   Each group is to use a different activity.  Each group are to form two lines facing each other with a gap in between. Ask your character to walk slowly between the two rows and stop at each person in turn. Each child must think of one thing they could say that might persuade them; the character is to think of a response to resist the pressure.  Ask for another volunteer to play the part of the character and repeat the process. |
| Assessment / Plenary | Allow time for children who played main characters to de-role and remind all children that this was a role play.  Praise examples of assertive responses.  Discuss with children the pressures which may be placed on them, how that might feel and how they could avoid it.  Reflect on how it felt in this made-up scenario and build on empathy by asking how someone effected by pressure may feel. |