

CHOICES, CHOICES, CHOICES...

List five choices you have already made today.

Example: "I chose to wear blue socks instead of white socks."

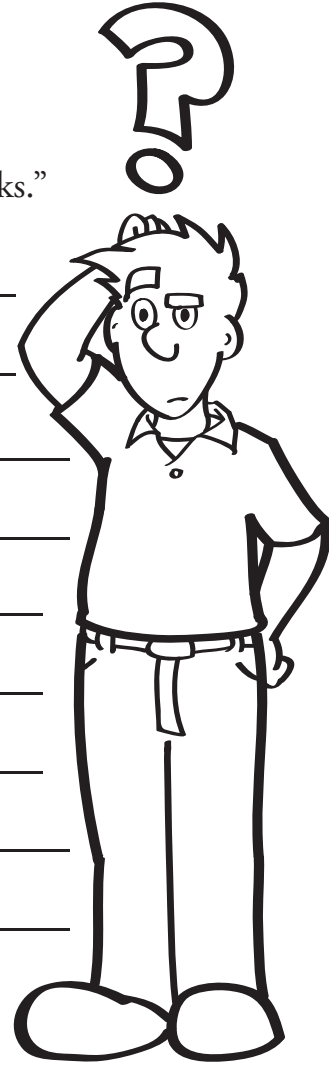
1. _____

2. _____

3. _____

4. _____

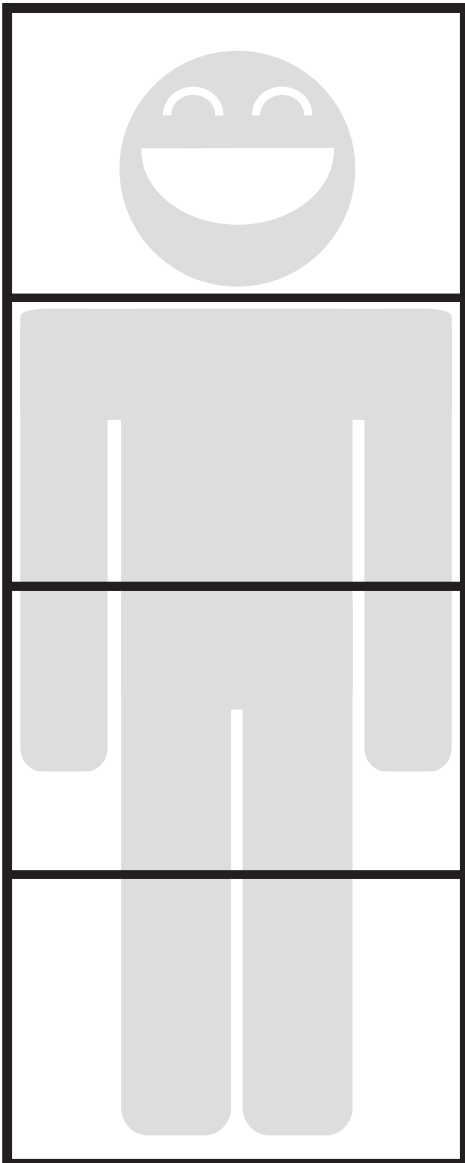
5. _____



Which of these choices were influenced by what your friends would think?

Build-a-Friend

What do you consider most important in a friend? Choose four items below and construct the perfect friend with the most important characteristic at the top, the second most important below that, etc. until you have the top four elements of a perfect friend.

Rich		Athletic
Popular		Stylish
Godly		Cool
Smart		Friendly
Good-looking		Loyal
Funny		Talented

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My Friends

How do your friends rate as sources of peer pressure? Take this brief test to see if they're putting too much pressure on you. Rate them on the following scale: Always true: 2 points; Sometimes true: 1 point; Never true: 0 points.

- 0 1 2 My friends don't take advantage of me
- 0 1 2 My friends confront me when I do wrong
- 0 1 2 My friends support me when I'm down
- 0 1 2 My friends are loyal regardless of my family's financial state
- 0 1 2 My friends tell me the truth—even when it hurts me
- 0 1 2 My friends give me good advice
- 0 1 2 My friends lift me up when I fail God and them
- 0 1 2 My friends stand with me in a spiritual fight
- 0 1 2 My friends don't try to get me to do wrong
- 0 1 2 My friends don't gossip about me or embarrass me

My friends' score: _____

Scores	
15–20:	You've got pretty good friends
8–14:	You may need to take a look at some of your friends
Under 8:	You need new friends!

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Pressure Prompt Cards

Concealing Consequences

Peer pressure comes when friends don't tell you what may happen to you if you do what they say

Approval/Acceptance

Peer pressure comes when friends tell you that you will be cool and part of their group if you do what they say

Intimidation

Peer pressure comes when others promise to ruin your reputation or lie about you if you don't do what they want

Promise of Pleasure

Peer pressure comes when friends tell you how much fun it will be or how good it will feel

Advice

Peer pressure comes when a friend tells you what he/she thinks you should do and makes you feel like you have to take the advice

Disapproval/Exclusion

Peer pressure comes when friends disapprove of your choice and threaten to exclude you from the group

Threat

Peer pressure comes when others threaten to harm you physically if you don't do what they say

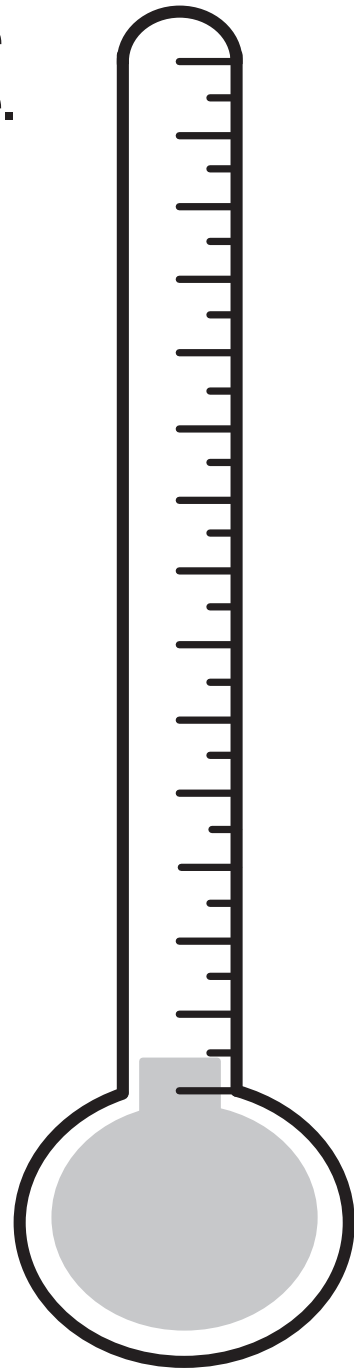
Peer-O-Meter™

My friends and their acceptance are the most important things in my life.

I wouldn't dare make a decision about my hair or dress without consulting my friends first

I usually see what the rest of the gang is doing before I make plans

I sometimes base my decisions on what my friends think I should do



See Ya Later, Alligator

Examine these methods of breaking off a bad friendship and tell why each is or is not a good way to do it.

1. Just ignore the person until they get the hint.

2. Say, "You're wrong and I don't want to have anything to do with you anymore!"

3. Say, "I'm sorry, but I can't be your friend anymore if you are going to continue to be this way."

4. Lie and say, "I have a communicable disease and I don't want to infect you!"

5. Say, "You wicked sinner, you're going to die and go to hell if you don't repent."

Action Cards

2

2

3

2

2

3

2

3

3

2

3

1