Circle Time on Peer Pressure

* Review the circle guidelines with students….

1. **Respect the talking piece. Everyone listens and everyone has a turn so be mindful on the amount of time of your response.**
2. **Be respectful with our words and actions**
3. **Have fun but don’t try and be funny, not a time for funny.**
4. **Keep it 100… Keep it REAL**
5. **Honor Confidentiality…What is said in circle stays in circle, but no guarantee**

* Have students give you a thumbs up or thumbs down on willingness to participate in group. If thumbs down… which one do you not agree with? How can we make it work for you?
* Redirect students that are not ready to an alternate assignment.
* If you don’t want to share say no thank you and pass the piece to the next person.
* **Thank the students for sitting and participating**. Reason that you have chosen to circle up is so that everyone gets an opportunity to learn more about one another. Explain that it is very important as their counselor/teacher that you build a relationship with each and every one of them to better help and meet their needs. Challenge them to participate in the circle.
* **Review the three ways to actively participate in circle**

1. Be an active listener
2. Raise your hand for a clarifying question, NOT A COMMENT and limit the questions to 3
3. Thumbs up and Thumbs down

* Introduce the talking piece**. Relationships with friends can be complicated. Sometimes we agree with our friends and other times we don’t.**

Explain why you chose it?

* Circle Open:

**It’s better to walk alone than with a crowd going in the wrong direction. –Unknown** **What does that quote mean to you?**

* **Thumbs up Thumbs down… how many of you have had a friend try to get you to do either some good or bad?**
* **Sometimes friends can be a bad influence on each other, like when they talk each other into doing things like cheating or lying. Other times, they can be a good influence, like when they encourage each other to work hard or be kind.**
* **We are going to be talking about Peer Pressure. We will not be sharing specific stories about drama between you and others. We will not drag other’s private stories into circle today.**
* Discussion Round

**1. Explain why it is either easy or difficult to go against what your friends are doing.**

**2. What feelings can result from being pressured?**

**3. Why do people give in to peer pressure?**

**4. How do friends try to pressure you to say or do something?**

**5. How can you tell a friend “No” if you don’t want to go along with what they are doing?**

* Closing: