

Standing up to Peer Pressure

Coaching Package Template



Adventures In Wisdom®



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Peer pressure is one of the toughest challenges kids face while growing up. It is also one of the top reasons why kids get into trouble. Unfortunately, in the age of smart phones, social media, and the Internet, the mistakes kids make can haunt them for the rest of their lives.

To stand up to peer pressure, kids must first decide *who they are* and *what they stand for*. Second they must choose what they want for themselves *before* they are in a tough situation. And finally kids must learn how to say “no” to their peers and “yes” to themselves. With this coaching package you will show them how.

Summary

Lesson 1 – The Power of Self-responsibility (Skill Book 6)

Lesson 2 – Integrity (Skill Book 7)

Lesson 3 – Respect (Skill Book 8)

Lesson 4 – Self-respect (Skill Book 9)

Lesson 5 – How to Make Good Decisions (Skill Book 10)

Lesson 6 – Standing up to Peer Pressure (Skill Book 11)

Always share the WISDOM for Home take home sheet with the family!



About each lesson

Lesson 1 – The Power of Self-responsibility (Skill Book 6)

- Kids learn that when they take 100% responsibility for their lives it gives them their ultimate power. They get to choose who they want to be, what they want to think, how they choose to feel, how they choose to act, and what they want to create - it is their choice. Share the story, *Victim Victor Finds His Power* and help kids learn to be “the boss of me”. After the story, step through the “Let’s practice” activity so your clients can see how taking responsibility helps them be more powerful in all areas of their lives.
- Homework: Ask your clients to look for ways to be self-responsible. They should be ready to report back at the next session.

Lesson 2 – Integrity (Skill Book 7)

- Review key lessons from Lesson 1 (Use Wise in Fives).
- Integrity means doing the right thing, even when no one else is looking. When kids live their lives with integrity they learn to trust themselves and others can trust them too. This leads to powerful confidence and self-esteem as they learn that their word matters, even if they are the only person who hears it.

Share the story *No One Will Know Nelson* and help kids learn about the power of integrity! Also discuss challenges to integrity and how to handle broken integrity. End the session with the “How red is the water” exercise.

- Homework assignment: Ask your clients to share the “How red is the water” exercise with their family and to practice choosing integrity. Have your clients come back with examples where they (or others) chose integrity and where they (or others) did not choose integrity and what type of impact those decisions had.



Lesson 3 – Respect (Skill Book 8)

- Review key lessons from Lesson 2 (Use Wise in Fives).
- In this lesson, kids learn that every time they are with someone they leave a “mark” depending on how they treat them. Treating others with respect means following the Golden Rule – to treat others as you would want to be treated. They learn that when they use manners and treat others with kindness, they leave “gold hearts” everywhere. Share the story, *Make Your Mark with The Golden Rule*. Have your clients discuss how they would handle the scenarios at the end of the Children’s Guide.
- Homework assignment: Have your clients talk with their family about The Golden Rule. Ask them to check in with themselves each night by asking the question, “What type of mark did I make today?”

Lesson 4 – Self-respect (Skill Book 9)

- Review key lessons from Lesson 3 (Use Wise in Fives).
- Having self-respect means giving yourself a “gold heart”. It means standing by your values and treating yourself with as much kindness, patience, compassion, and understanding that you would have with your best friend, your favorite teacher, or your favorite relative. Choosing self-respect builds powerful self-esteem. Share the story, *My “Mark” on Me*, and talk about the tips listed in the Children’s Guide to help kids learn how to develop self-respect.
- Homework assignment: Have your clients talk with their family about the second part of The Golden Rule. Ask them to check in with themselves each night by asking the question, “What type of mark did I make on me today?”



Lesson 5 –How to Make Good Decisions (Skill Book 10)

- Review key lessons from Lesson 4 (Use Wise in Fives).
- When children are born, their parents make 100% of their decisions for them – from what they eat to what they wear to where they go. By the time they leave home, they need to be able to make good decisions for themselves 100% of the time. As a coach, you get to teach your clients how to do that!

Knowing what they believe about key issues such as cheating, lying, stealing, using drugs or alcohol, engaging in sexual activity, and cutting class can help your clients stand against peer pressure and stay focused on their goals.

This skill book teaches children tools they can use to make good decisions and provides a platform for them to make a decision about many of the critical issues listed above before they actually face them. Share the story *Charlie Chooses Charlie* to help your clients understand the importance of choosing what they want for themselves before they are in a peer pressure situation.

Homework assignment: This is a great session to bring parents into the conversation. Talk with your clients about the “Four C’s of Decision Making” and have them work through the activity, “What I choose for me”.



Lesson 6– Standing up to peer pressure (Skill Book 11)

- Review key lessons from Lesson 5 (Use Wise in Fives).
- For kids, knowing what they stand for, choosing what they want for themselves, and learning how to say “no” to peers and “yes” to themselves is critical for standing against negative peer pressure. Share the story *Copy Cat Cathy* and discuss the five different types of peer pressure. Have your client brainstorm examples for each type of peer pressure. Also discuss different “no” statements and have your clients select two or three that work for them. Go through the “Let’s Practice” section and practice the scenarios. Role playing is a critical part of developing this skill because it helps kids identify challenging situations and lets them practice how to respond to them.
- Homework assignment: Have your clients talk with their family about the five different types of peer pressure and how they plan to say “no” if pressured to do something they don’t want to do.