



Bird on a Wire

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Identify Problem: Peer pressure is defined as the pressure to conform to a social group or an individual. Some times kids want so bad to fit in that they are pressured in to bullying other kids, especially when they are with a group of other peers, they “Follow the Crowd”. They want so much to fit in, they say and do things they normally wouldn’t do just to avoid it happening to them. Some kids peck, and peck at others even when they are down. It is important for kids to know who they are and what they want and learn to avoid situations were they might be pressured into something they don’t want to do.

Materials: For the Birds Video- Pixar Films (I have found it on Youtube)

Exercise: Show video and Discuss

Discussion Ideas:

What happened when the large bird showed up and acknowledged the group of birds.

What did the group do?

When he still wanted to join them what did they do?

What happened when the large bird was pecked and tipped upside down on the wire?

What happened when the one bird realized what was going to happen to the large bird when they were pecking at his feet?

Does this type of thing happen at you school?

Someone wants to fit in or hang out, and they are targeted and teased by an individual and the group follows.

Was it worth it in the end?

How does peer pressure play a part in something like this?



Identify Skills:

How to Avoid Peer Pressure

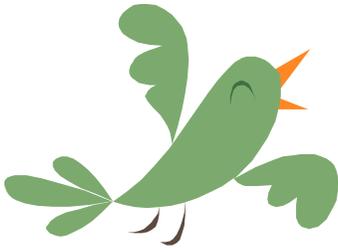
Avoid putting yourself in negative situations. For example, if you don’t smoke and you know a lot of people go to a certain spot to smoke, steer clear of that place.

Be careful when choosing friends to hang around. Look for friends with positive qualities.

Start saying no to your friends when you don’t want to do something. This is perhaps the hardest thing to do. Your friends may not want to hang around you because they might say you’ve changed.

Learn how to be an individual. You don’t have to always be in the “In Crowd”. This will help you later in life too.

You don’t always have to be accepted by everyone.



How to Cope with Peer Pressure

1. Know who you are. Develop a strong sense of identity. Be clear about what you want out of life. If you are sure about your values, then you will be less likely to compromise them for someone else. It is easier to cope with negative peer pressure when it is in opposition to your beliefs.
2. Build your self Esteem. Feeling bad about yourself makes you more vulnerable to peer pressure. Take good care of yourself. Set goals and celebrate your accomplishments. Participate in activities that make you more confident.
3. Trust your instincts. No one knows what is right for you more than you. If something feels wrong, then chances are that it is wrong. Your intuition is a great tool. Heed it's warning to make good choices and cope with peer pressure.
4. Surround yourself with like-minded people. Everyone needs a support system. If your confidants are people who wouldn't steer you in the wrong direction, then that's one less source of negative peer pressure for you to worry about. Those same people will be there for you when you experience peer pressure from elsewhere.
5. Learn to say "No". Everyone wants acceptance, but your need for approval should not make decisions for you. Exercise your freedom of choice to cope with peer pressure and avoid creating resentment. Compromise is a part of every relationship, but people pleasing can be detrimental to your well being.

Refusal Skills:

1. Ask Questions- Be sure you know what someone wants you to do. "Do you have any money for that candy bar?", "Will there be drugs at the party?", "Who's going to be at the party?"
2. Name the Trouble: Tell them that this is something you don't want to do and why. "Taking the candy bar without paying-that's stealing?", "That's illegal."
3. State the Consequences: What could happen if you went against your better judgment? "If I do that, I could get grounded?" "If I do that, I could get in an accident?", "If I do that, I could be arrested?"
4. Suggest Realistic Alternatives: Suggest something fun and safe to do. "Instead, why don't we go to a movie?", "Instead why don't we play video games?"
5. Move On: Get yourself out of the situation. Move it, sell it, and leave the door open: "If you change your mind, I'm going to get some friends to play basketball at the park, come over if you want." "If you change your mind, I'll be at my house watching a movie. You can come if you want."

6. Other Ideas: Switch topics, use humor, walk away, use an excuse or don't pay attention.