

Egg Drop



What are your Surroundings Like?

Identify Problem: Peer pressure is the ability for someone to influence another person's decision. When we think of peer pressure, we usually think of a negative, or someone influencing someone else to make poor choices. Peer pressure is not always negative. Positive peer pressure is someone influencing someone else for better choices. We cannot always help the things we are dealt in our lives, but we do have the choice of how we let those things influence us. How do our surroundings and the risk and protective factors we are dealt in our lives influence us to make right or wrong choices? How can we deal with these pressures we feel from these things?

Materials: Have enough of each of the materials from the risk and protective factors for more than one person, preferably 1 of each per person participating.

Risk Factors:

- 1 tablespoon of BB's
- 1 platoon of army men
- 3 dice
- 5 marbles
- Bag of rocks
- Bundle of nails
- Baggie of keys

Protective factors:

- Square of bubble wrap
- Baggie of marshmallows
- 1 Bandanna
- 1 tub of play-doh
- 1 square of cardboard
- 2 balloons
- Baggie of cotton
- An Egg for each person participating (they can draw faces on them if you want)
- Container for each person – plastic, cardboard, etc.
- Slips of paper to write on

Exercise: List on several pieces of paper all of the items listed above, have several of each, the more participating the more sets you will need. Place all of the slips of paper in a bag. Have each person without looking, pick 4 items out of the bag {protective and risk factors}.

Then give each person a container and the items they have picked from the bag. Have each participant make their egg packages using only the items they are given (what they picked out of the bag). Some of the participants might get all risk factors and some will get all protective factors, and some

will get a mixture of both, but they must only use the things they have picked to package their egg. When everyone has completed their package drop them off of a high point. See which eggs survived and which ones didn't.

Discussion Ideas:

What are things in your life that are considered risk factors? {A risk factor is any circumstances that may increase youths' likelihood of engaging in risky behaviors.} Examples:

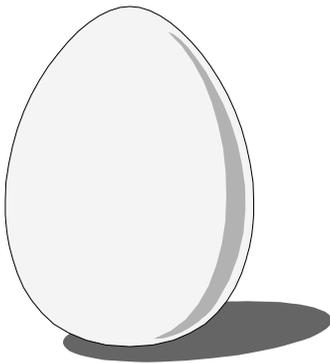
Individual: Antisocial behavior, gun possession, favorable attitude towards ATODS, intellectual/developmental disabilities, life stressors, depression.

Family: Family history of problem behavior/ parent criminality, poor parental supervision, poor family bonding/attachment, mistreatment of family, high family conflict, family violence, broken home, family transitions, siblings antisocial behavior.

School: Low academic achievement, negative attitude toward school, truancy or frequently absent, dropping out of school, inadequate school climate, learning disabilities, frequent moving around schools.

Peer: Gang involvement, peer use of ATOD, association with delinquent/aggressive peers and peer rejection.

Community: Availability of ATOD's, firearms, high crime neighborhoods, poverty, unsafe neighborhoods, socially disorganized neighborhoods.



What are protective factors? {protective factors are any circumstances that promote healthy youth behaviors and decrease the chance that youth will engage in risky behaviors.}

Individual: Involvement in church/religious activities, healthy sense of self, positive expectations/optimistic for the future, high expectations.

Family: Good relationships, opportunities and rewards for family involvement, having a stable family, high family expectations.

School: School motivation/positive attitude toward school, school bonding {attachment to teachers/belief, commitment, high expectations of students, opportunities and rewards for pro-social school involvement.}

Peer: Involvement with positive peer group activities and norm, good relationships with peers.

Community: Stable/economical communities, safe and health-promoting environments, positive social norms, high community expectations.

Talk about the students risk and protective factors with the eggs. The egg represents us, and all of the items are either things that have positive influences on

us, or the negative influences on us. We can't always control what we are dealt in life, but we do have control over how we react and if we let them control our decisions we make.

How can the risk and protective factors influence us or pressure us into doing things right or wrong?

Are there things that could seem protective but turn out to be a risk?

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.

