LESSON PLAN

Year Group: Year 7

Lesson topic: Peer Pressure and Knife Crime

Learning objective: To understand how peer pressure influences knife crime and ways to resist it.

Starter:
You are hanging out with your best friend, Ryan, after school. He seems nervous and keeps looking around like he's expecting someone to be watching.
Suddenly, he pulls something out of his bag—a small knife.

- What are the risks if you agree to hold the knife?
- How could you respond to Ryan without upsetting him?

Case Study:
Jay's Story - The Pressure to Carry a Knife
Background:
Jay is a 14-year-old boy who enjoys football and hanging out with his friends. He lives in an area where some older boys in his neighbourhood are involved in crime.

One day, Jay's older cousin, Leon, tells him:
"You need to start looking out for yourself. People round here get robbed all the time. Just carry this—it's for protection. You don't even have to use it."

At first, Jay refuses, but Leon keeps pushing. "Do you want to be a victim? Or do you want to be respected?"
Feeling pressured and not wanting to seem weak, Jay agrees to take the knife.

The Turning Point:

A few days later, Jay is stopped by police while out with his friends. When they search him, they find the knife. Jay is arrested.
Even though he never intended to use it, he now has a criminal record, and his school is considering expelling him.
Jay realises too late that carrying a knife didn't make him safer—it ruined the future he had planned.

Task One: Answer the following questions

Questions:

1. Why did Jay agree to carry the knife?
2. What could he have said or done differently to resist the pressure?
3. What are the consequences of his decision?
4. How does peer pressure make young people feel like they have no choice?
5. What advice would you give to Jay or someone in his position?

Task Two: Role-Play:

In pairs, act out a version of Jay's story where he makes a different choice.

Letter to Jay: Write an anonymous letter offering advice on how to say no to peer pressure.

Plenary: Personal Commitment

Write down one way to "stand strong" against negative peer pressure.