SESSION PLAN

Youth Group: Ages 10 to 16

Topic: My Voice, My Choice: Standing Strong Against Peer Pressure

Learning objective:

- Help young people understand what peer pressure looks like
- Explore why it happens and how it feels
- Teach and practise different ways to say no confidently
- Empower them to make decisions they're proud of

Materials Needed:

- Agree/Disagree signs or room markers
- Scenario cards
- Role play prompts or cards
- Optional: "My Voice, My Choice" pledge cards

Icebreaker – "Agree or Disagree?" (3 minutes)

Read out a series of statements and ask students to stand on one side of the room if they agree, the other if they disagree, and the middle if not sure.

Examples:

- "It's hard to say no to your friends."
- "Going along with the crowd is always bad."
- "You can still be cool and say no."
- "I've done something just to fit in before."

Facilitator Note: Use this to spark honest reflection and open the floor for the topic.

What Is Peer Pressure? (3 minutes)

Explain simply:
Peer pressure is when someone your age tries to influence what you do - sometimes in ways that make you uncomfortable or unsure.

Types of pressure:

- Direct: "Just do it - don't be boring."
- Indirect: Everyone's doing it, so you feel like you should.
- Friendly pressure: "It's just a laugh - trust me!"
- Threatening: "You'll be left out if you don't."

Scenario Game – "What Would You Do?" (5 minutes)

Read quick peer pressure situations and ask:

- "What would you do?"
- "How could you say no?"

Examples:

- Someone dares you to steal from a shop
- A friend wants you to skip school
- A group starts bullying someone and expects you to join in
- You're offered something you know is dangerous

Let them share ideas. Highlight that bravery doesn't always mean going along - sometimes it means stepping back.

The Power of No (5 minutes)

Teach the "No" Toolbox – 5 Ways to Say No:

1. Direct - "No, I'm not doing that."
2. Excuse - "Can't, I've got training/my mum's waiting."
3. Humour - "Nah, I'd rather eat a sock."
4. Change subject - "Anyway, did you see that TikTok?"
5. Walk away - You don't owe anyone an explanation.

Activity: In pairs, practise role-playing "saying no" using different approaches. Let them be silly or serious - both are valid!

Final Message – "Your Circle, Your Choice" (4 minutes)

Ask:

- "What makes a good friend?"
- "How should friends make you feel?"

Make clear:
Real mates respect your decisions. If someone pressures you into something that feels wrong - that's not friendship.

Final takeaway message:
"You don't need to follow the crowd to belong. You are enough, just as you are."

Optional Follow-Up:

- Design "Confidence Cards" with their own ways to say no
- Group challenge: act out situations where they made the right choice
- Anonymous question box for peer pressure worries