



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Think First

Instructions: Here are five peer pressure situations. For each situation, use the chart below to think about whether it would be a good idea to follow along or not.



**Problem:** What does my friend want me to do? Is it something good or bad? Kind or mean? Healthy or unhealthy? Legal or illegal? Is it something you would do if your parents were watching?

**Consequences:** What could happen if I do it? Imagine any possible good results: Will you learn something positive? Will you be helping someone? Imagine any possible bad results: Can you get hurt? Can you get in trouble? Can someone else get hurt or in trouble?

**Action:** Should I do it? Will you be proud of your choice afterward? Would your parents be proud of your choice?

1. You're studying for tomorrow's quiz when some of your teammates come by. They want you to shoot some hoops with them. "You're not going to nerd out on us, are you?" they ask.

Problem:

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Consequences:

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Action:

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2. You're at the store, wishing you had enough money for some candy. Your friend says, "Just take it! It's no big deal. The clerk's not even looking."

Problem:

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Consequences:

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Action:

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3. Your friends are trying to get you to try out for the school musical, but you're not sure you have the guts. "Come on, do it! You have a great voice," they say. "We'll be there to cheer you on."

Problem:

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Consequences:

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Action:

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4. Your friend asks to “borrow” your homework - again - because he didn’t do it last night. He says if you don’t give it to him, you won’t be invited to his party this weekend.

Problem:

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Consequences:

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Action:

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5. You’re playing video games with your friends when one of them mentions a 5K race that’s coming up. You’ve never run a race before and aren’t sure you should start now, but your friend says, “I bet we can do it. Look, I printed out this training plan. Let’s start tomorrow.”

Problem:

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Consequences:

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Action:

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