

1 - Kind

(action = make a heart shape with your hands)

2 - Friendly

(action = shake hands with someone)

3 - Safe

(action = make a cradle with your arms/hands like you're holding something precious)

4 - Positive

(action = smile)

5 - Honest

(action = put your hand on your heart)

6 - Respect

(action = high five)

7 - Trust

(action = hold out your hand like you are helping a friend climb a mountain)

8 - Team work

(action = link arms around the class)

9 - Communication

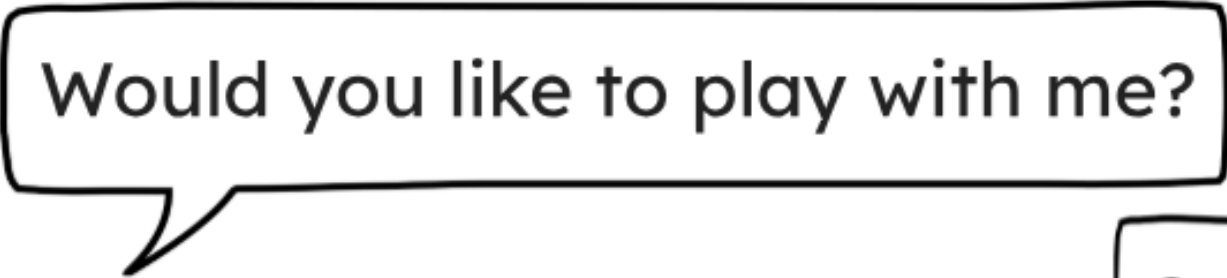
(action = make your hands move like mouths)



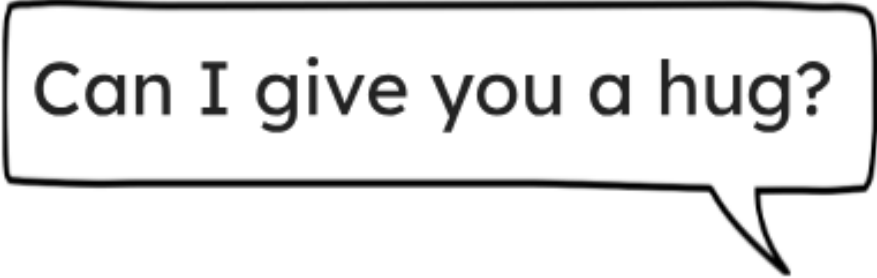
Ella-May and Jackson have had an argument with a friend called Maxine. Maxine borrowed something that belonged to Ella-May and lost it. Ella-May got angry with her. After the argument, Maxine posted untrue and unkind things about Ella-May on Instagram, Snapchat, Twitter and Facebook. Now Ella-May wants to post unkind things about Maxine to 'get her back'. Ella-May's friends don't like Maxine and are really pushing her to do it. They have said they would comment on any posts about Maxine so she knows that nobody likes her. Jackson is Ella-May's younger brother and he isn't so sure this is the right thing to do.

Peer pressure

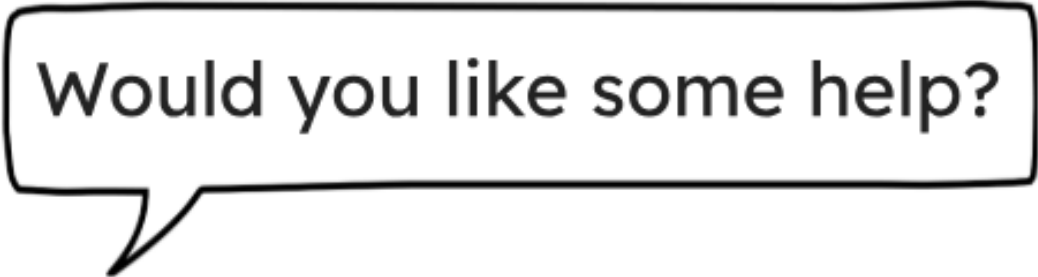
There are lots of times when we could decide to say 'yes' to our friends.



Would you like to play with me?



Can I give you a hug?

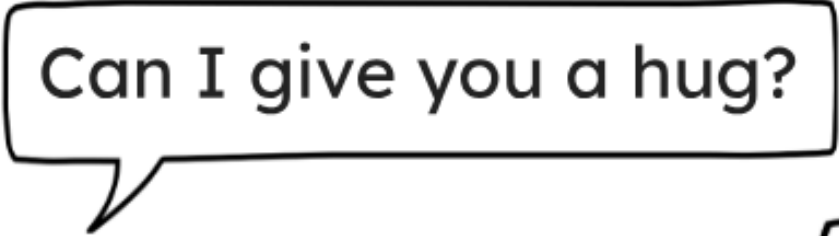


Would you like some help?

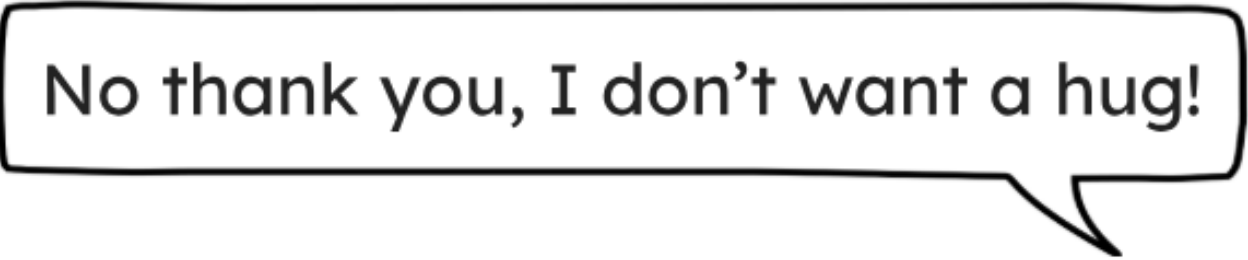
There are also times when we may need to say **no** to our friends.

They may ask us to do something that we don't want to do.

We **don't** have to do what our friends tell us to do.



Can I give you a hug?



No thank you, I don't want a hug!

If someone puts us under pressure to do something, this is called **peer pressure**.

It's important to know how to **resist peer pressure** so that we can keep ourselves **safe and comfortable**.



Ms Walsh

Everyone has the right to say **no** to something that they don't feel comfortable doing. There are lots of ways we can resist **peer pressure** in a kind but firm way.